

太極拳運動對於健康城市與科技文化的幸福感指數之研究

梁綺華, 邱琴心, 蕭可能, 劉岳豪

科技管理學系

管理學院

chliang@chu.edu.tw

摘要

A healthy city shows an expansion of community resources with people interacting to help and support each other. The citizens practice this in all of the functions of daily life, thus maximizing their potential in order to achieve the highest ability of science and technology. The culture of the ancient capital shows the advantages of the environmental construction and industrial sustainable development goals. In this study from the Tai Chi Chuan (TCC) of the two dimensions of performance and personal feelings, it is possible to explore the impact of the mass movement of Chinese martial arts, using Cheng styles TCC thirty-seven. 50 students were involved in the Tai Chi course of health campaign at Dahua Technology University, including The Hsinchu Industrial Engineering Yi-Ching management students were involved in the learning process, in-depth interviews and questionnaires. However, today most of the movement of the community is subject to age or site constraints, but Tai Chi movements were completely independent of site, age, time and space constraints, and were suitable for the people of different ages. The health campaign enhanced the family's happiness. The movement outreach went from the community to the country and appeared to improve the globalization movement vision. There is continuous innovation to improve the urban area through physical changes and social environmental factors.

關鍵字：well-being, health city, technological culture, Tai Chi Chung