

Exploring the Ways of Integrating Traditional Chinese Medicine Culture with the Civic Education of College Students

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Abstract: Traditional Chinese Medicine is the crystallization of Chinese people's exploration of the way of life and health for thousands of years, which contains rich philosophical ideas, medical theories and treatment methods. Therefore, by clarifying the connotation and significance of the excellent traditional culture of TCM and analyzing the realistic dilemmas in its integration into the civic education of colleges and universities, we aim to enhance the ideology and affinity of the teaching of TCM on the basis of insisting on diversified teaching measures and aligning with the teaching objectives, so as to achieve the integration of TCM culture into the whole process of civic education of young students.

1. Introduction

General Secretary Xi Jinping emphasized that “Traditional Chinese Medicine contains thousands of years of health and wellness concepts of the Chinese nation and its practical experience, is a treasure of Chinese civilization, and condenses the great wisdom of the Chinese people and the Chinese nation.” [1] TCM(Traditional Chinese Medicine) combines the essence of Chinese culture and natural science. In the new era, the inheritance and development of TCM is one of the important directions for the construction of socialist culture with Chinese characteristics. In recent years, the state has clearly pointed out that the culture of TCM should be carried out throughout national education, so that it can become the cultural consciousness of the masses in promoting health. And in the Civic and Political Education of colleges and universities, it cannot be separated from the connotation of traditional culture [2].The medical talents of TCM colleges and universities are responsible for the important mission of inheriting TCM culture and carrying forward the spirit of Chinese nation. Thus, it is a realistic task and an important measure to integrate the excellent traditional culture of TCM into the curriculum of the Civic Education in colleges and universities to meet the requirements of the times, enhance the national self-confidence of young people, and cultivate the successors of socialism in the new era.

2. Connotation and Value of Traditional Chinese Medicine Culture

Culture is the spiritual driving force of a nation, and is an important source of national vitality, cohesion and creativity. TCM culture is embedded in the excellent Chinese traditional culture, and is the epitome and essence of Chinese traditional culture. The culture of TCM is precipitated from the excellent traditional Chinese culture, and in turn promotes the traditional Chinese culture, and the two influence each other to advance the progress of the Chinese nation.

General Secretary Xi Jinping has repeatedly emphasized the significance of inheriting excellent Chinese traditional culture, revealing that the transmission and dissemination of TCM culture is the first representative and exemplary path for developing excellent Chinese traditional culture. [3] In July 2009, the Guide to the Construction of Traditional Chinese Medicine Culture in TCM Hospitals issued by State Administration of Traditional Chinese Medicine pointed out that “the core values of TCM culture are mainly reflected in the concepts of people-oriented, medicine is benevolent art, the unity of heaven and man, reconciliation to the middle, and the great doctor is sincere, which can be summarized by four words: benevolence, harmony, essence, and sincerity.” [4] These four words, as the essence of TCM culture, provide reference and reference for the civic educators of college students in China.

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3. Positive Significance of Integrating Traditional Chinese Medicine Culture into civic Education

3.1. It helps to reform the civic education in colleges and universities and enrich the connotation of civic education

civic education is very comprehensive and widely involves ideology and politics, culture and philosophy. TCM culture also focuses on the inner part of human spirit, which has the typical characteristics of humanities and social sciences. It can be seen that TCM culture coincides with and complements the thinking and political education in terms of humanistic thoughts. The integration of traditional culture of TCM into the university's thinking and political science education can enrich the connotation of thinking and political science education from the aspects of ideology and morality, philosophy and culture respectively, which is conducive to the improvement of civic science education.

3.2. Help teachers broaden their teaching ideas and improve their professionalism

The teaching work of teachers is also a highly comprehensive activity, integrating professional knowledge, teaching quality and classroom teaching activities. As a science that has similarity with the knowledge system of Civics and is different from Civics education, the integration of TCM culture can provide teachers with new teaching ideas and make teaching activities more innovative and with more national characteristics. At the same time, the integration of TCM culture into the specific process of Civic Education is also a process of self-improvement and the establishment of teachers' inner spirit, which helps to improve teachers' professionalism and personality and cultivate composite Civic Education teachers' talents.

3.3 Help students establish cultural confidence and promote their comprehensive development

Under the influence of TCM culture, college students become the main strength of cultural self-confidence, on the basis of a clear understanding of the excellent traditional culture of TCM, they need to fully recognize and affirm the excellent culture, national culture and advanced culture, and deeply explore the philosophical and moral thoughts hidden in the culture, and learn and practice the fine cultural traditions and valuable spirit of TCM culture with practical actions. TCM culture has "people-oriented", "patriotic sentiment", "moral code", "scientific outlook on development". Strengthen "the integration of scientific spirit and humanistic spirit, which helps students reflect on the meaning of existence and understand the value of life, and helps students form the medical humanistic spirit and professional ethics of 'great medicine must have great virtue, great virtue must have great love'^[5], help them establish a positive and correct

outlook on life, and enhance their sense of historical mission in the teaching of Civics and Political Science in universities or TCM colleges. sense of historical mission, and lay a solid foundation for promoting the development of TCM, implementing a healthy China, and achieving the great rejuvenation of the Chinese nation.^[6]

3.4 Contribute to the transmission and dissemination of TCM culture and promote the inheritance and development of excellent traditional culture

TCM is the valuable experience of the Chinese nation summarized and accumulated in long-term production practice and medical practice, which has its own unique theoretical system and application value, even now, in today's highly developed technology, it still has great inheritance value and practical value. However, the inheritance and development of TCM culture lacks good soil for dissemination, and there have been voices denying TCM in the external environment. It can be seen that the task of inheriting and developing the excellent traditional culture of TCM is still arduous. The integration of TCM culture in the teaching of Civic and Political Science in the new era can improve the effectiveness of civic education and provide a vast fertile ground for the inheritance and development of traditional culture^[7]. To make college students, especially those majoring in medicine, strengthen their learning of excellent Chinese traditional culture, correctly understand and grasp TCM culture, and make them appreciate the profoundness of TCM culture and its importance in modern society, is not only conducive to promoting the dissemination of TCM culture, but also can enhance their cultural identity, strengthen their cultural self-awareness and self-confidence, and realize civic education and medical culture's co-education.

4. The Current Situation of Integrating TCM Culture into Civic Education of College Students

4.1 Insufficient attention is paid to the civic education, and the popularity of TCM culture is not high

The lack of attention to political education in schools is the primary reason for the low popularity of TCM culture. At present, most colleges and universities pay more attention to students' professional courses, but do not pay enough attention to civic education. They think that it is enough to take good thinking and political theory classes and do a good job in daily students' ideological work. In addition, the low degree of popularization of excellent traditional culture of TCM in colleges and universities is also an important reason why it is difficult to integrate the two. Except for TCM students, most non-TCM students are not familiar with the excellent traditional culture of TCM, and the school automatically weakens the importance of TCM culture to educate people, and fails to discover and use the infectious power of the excellent

traditional culture of TCM to enhance the depth of students' thoughts.

4.2 The lack of teachers and the lack of composite teachers

It is the primary task of colleges and universities to deliver qualified talents with professional skills to the country, so colleges and universities generally focus on teaching professional knowledge and skills, resulting in the failure to fully integrate the strength of the university's teaching team, and the long-term division between professional education and thinking education, which makes it difficult to realize the joint efforts to educate people. Analyzing the reasons, it is not difficult to see that the strength of Civics teachers is too scattered, teachers are not enough, most of the Civics teachers in service are specialized in literature and history, politics, etc., lacking the background of professional education in TCM, classroom teaching is detached from professional practice, and the curriculum Civics skills of professional teachers need to be cultivated; at the same time, the space of Civics education is crowded by heavy professional teaching tasks, professional education is detached from Civics education, and professional At the same time, the space for the education on thinking and politics is occupied by the heavy professional teaching tasks, and the professional education is detached from the education on thinking and politics, and the professional teachers are detached from the teachers on thinking and politics and the counselors, so the effectiveness of teaching and educating people is not fully developed. [8]

4.3 The teaching mode of thinking and politics is single, and the teaching evaluation needs to be optimized

Curriculum Civics takes classroom teaching as the entry point, and uses curriculum setting, selection of teaching materials, teaching objectives, teaching design, process evaluation, internship and other teaching processes as the means to achieve the purpose of classroom teaching through the excavation of Civics elements in each professional course. However, there is still a need for further improvement in the teaching mode and teaching evaluation of curriculum Civics. First of all, the teaching mode of the course Civics needs to be reformed. The teaching content and mode are limited to the civic sphere, and only limited to theoretical learning, resulting in vague teaching objectives, lack of systematic design for combining Civic Science and TCM culture, and reasonable allocation of course resources, which cannot achieve the effect of Civic Science and TCM culture together. In addition, the teaching and learning of the curriculum of Civics and TCM culture is blurred. In addition, the teaching evaluation system of the course Civics needs to be improved. As a curriculum reform initiative, the course evaluation of Civic Science has not yet established a perfect evaluation system and evaluation standards, and the integration initiative has not been put into practice through systematic curriculum design, classroom teaching

implementation, student feedback and evaluation, etc.

5. Exploration on the Ways and Methods of Integrating TCM Culture into the Civic Education of College Students

5.1 Improve the integration mechanism of TCM culture and Civic and Political Science education, and systematically develop teaching evaluation standards

The innovation of Civic and Political Science curriculum is an important measure for the innovation and development of Civic and Political Science education in the new era, which has a positive role in caring for the spiritual state of young students and improving their ideological realm. By integrating the TCM culture curriculum with the Civic Education, we fully explore the specific contents of TCM culture that can be combined with Civic Education, and build a perfect Civic Education system, so that students can have a good understanding of traditional culture by ear and eye in the process of learning professional knowledge and skills of TCM, and thus form good moral character. No matter the explicit course or the implicit course, it can fully highlight the connotation of thinking and political education and the characteristics of TCM.

5.2 Strengthen the construction of the team of Civic and Political Education, and consolidate the composite quality of civic Science teachers

First of all, improve the quality of TCM culture of Civic and Political Science teachers. To strengthen teachers' study of TCM culture, always keep the awareness of integration of Civics and TCM culture, and establish the concept of teaching Civics expertise and cultivating a sense of belonging to TCM culture. In addition, to improve the professional quality of the Civic and Political Science teachers. Teachers should pay attention to the strengthening of the ability of the course of thinking and politics, so as to enhance the skill level of the course of thinking and politics, to actively understand the dynamics of young students' thoughts, and to continuously improve the ability of the course of thinking and politics to educate people by means of special training, carrying out the project of the course of thinking and politics, the professional seminar of thinking and politics, and collective class preparation.

5.3 Carry out cultural activities of TCM on campus to enrich the integration methods

To develop TCM cultural activities on campus and create a healthier and more harmonious campus cultural atmosphere by using various forms and means such as strengthening TCM education and promoting TCM culture. In turn, it provides a three-dimensional integration way for TCM culture to be integrated into Civic Education.

The traditional culture of TCM has complex connotations, and the ideas of “essence, sincerity, benevolence and harmony” are highly consistent with the content of modern thinking and political education. Therefore, we should attach great importance to the construction of campus culture, analyze specific situations, actively explore highly feasible construction methods, and organize and carry out high-level TCM campus cultural activities in various aspects. Only when students have a deep understanding and mastery of traditional Chinese medical and cultural theories can they enhance their cultural self-confidence and strengthen their belief in cultural confidence^[9].

5.4 Give full play to the advantages of new media to enrich the teaching mode and attract students' interest in learning.

New media technology is a new type of communication technology supported by digital, networked form of interactive media form of information transmission, with the Internet, mobile networks, digital satellite transmission and other channels, cell phones, computers, digital TV and other devices as terminals, to provide information services for the majority of users^[10]. In the current era, the advantages of new media are coming to the fore, and they are highly suitable for the interests and habits of modern students, which can significantly improve the educational effect. The development of emerging media and existing media mining at the same time, carry out multi-angle and multi-faceted online activities, in-depth construction of new media platforms and even virtual simulation of “Zhongjing” culture, etc., while using existing new media technology promotion mode, such as microblogging, WeChat, etc., for the dissemination of TCM culture, collecting students' feedback and timely interaction, so as to attract students and make the integration of TCM culture and Civic and Political Education more grounded and closer to daily life. The integration of TCM culture and Civic Education is more grounded and closer to daily life.

6. Conclusions

TCM culture has been inherited for thousands of years, and its original theoretical thinking, unique medical system and rich practical experience contain countless elements of thinking and politics. Combining them with the theoretical system and teaching activities of thinking and politics teaching, while promoting the reform of teaching characteristics of thinking and politics class, promoting the inheritance and dissemination of TCM culture, will help young students enhance their cultural self-confidence, stimulate their sense of mission, and consciously and voluntarily undertake the important task of spreading TCM culture. We should fully analyze the current problems in the integration of content, methods and practices, find ways to cope with them, decompose the coping strategies, improve the relevance and affinity of the teaching of Civic and Political Science, strengthen the students' cultural confidence in TCM, and extend it to the

field of practice, transform it into action and serve the society, so as to truly put into practice the fundamental task of establishing moral education.

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