



Understanding of the Actual Condition and Vitalization Measures of the Class for Qi-gong Gymnastics among Local Public Health Services using Oriental Medicines available in the Public Health Center

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The study investigated the actual condition of the class for Qi-gong gymnastics among health promotion service programs using oriental medicines, which the public health center has been conducting for local residents. Of a total of 964 oriental medical physician in public health center across the country, it examined 27 places consisting of public health centers and public health sub-centers, and public hospitals, all of which were running the class for Qi-gong gymnastics. Then, it carried out the tele research of those oriental medical physicians in charge of the class there.

As a result, area that is enforcing the Class for Qi-gong Gymnastics was expose each attempt that difference is particularly, and appeared by thing which form and practice law that operate the classroom are various. Also, in many cases, the oriental medical physicians instructed the gymnastics directly instead of inviting an external lecturer.

There were some problems with the lecture, appearing the highest percentage in the shortage of facilities and space. Additionally, there were other opinions, such as the lack of guidelines for operation and education data, several problems concerning traffic and time. The opinion insisting that the whole oriental medical physicians in public health center required to recommend it actively was the most frequently given for vitalizing the lecture, followed by the need for common exercercise, system and texts, and education for those oriental medical physicians.

In conclusion, based on the contents surveyed, by making the well-organized system of the class for Qi-gong exercercise; by developing the common exercercise and texts; and by publicizing and educating the oriental medical physicians engaged in public health, that the Class for Qi-gong Gymnastics is real in health promotion of local residents.