

CROSS-CULTURAL MUTUAL LEARNING AND COLLABORATIVE RESEARCH PATHS OF TRADITIONAL HEALTH-PRESERVING SPORTS: HEALTH VALUE, ANTHROPOLOGICAL IMPLICATIONS AND CHINA-CEEC COOPERATION PRACTICE

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Abstract: *Under the framework of China's "Healthy China 2030" Strategy and the EU's "Active and Healthy Aging" initiative, traditional Chinese health-preserving sports such as Tai Chi and Baduanjin, with their unique health value and cultural connotations, have become important carriers for cross-cultural health exchanges. Centering on the conference theme "Anthropological and Teo-anthropological View on Physical Activity", this report first systematically sorts out international empirical research findings on the health effects of Tai Chi and Baduanjin at the physical (chronic disease intervention, motor function improvement) and psycho-social (anxiety reduction, social network construction) dimensions. Secondly, it highlights the resource advantages of Shandong University in this field: the establishment of a standardized technology database for traditional health-preserving sports, advanced research equipment related to exercise physiology and sports psychology, and three core practicing groups (university teachers and students, middle-aged and elderly people in communities, and rehabilitation patients). Furthermore, it proposes seven core cooperative research directions for scholars from China and Central and Eastern European Countries (CEEC), covering three categories: empirical research (synergy of technical methods, cross-cultural health intervention), comparative research (cross-cultural comparison of traditional sports, integration with modern health management), and communication and application (cultural exchange and dissemination, digital promotion, joint talent training). Finally, it details three core cooperation paths and five practical cooperation models, aiming to promote the construction of China-CEEC joint research platforms, the co-publication of academic papers and international cultural exchanges, and provide a "China-CEEC model" for global cooperation in traditional sports for health.*

Key words: *Traditional Health-Preserving Sports; Cross-Cultural Mutual Learning; Health Anthropology; Collaborative Research; Integration of Sports and Medicine; Cultural Dissemination*