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北京大學科學傳播研究中心主任

在從科學傳播的學術研究到知識實踐的多年親身踐行與深入反思的過程中，作者重點結合自身參與和組織國內外數百次戶外徒步健身的經歷，系統闡述自身徒步發展的三個不同階段，逐漸從競爭性、專業化、挑戰式的徒步理念轉變到不



1 中國大陸至今「科學傳播」與「科普」經常並用，還有一本於2006年4月公開發行的專門刊物《科普研究》（雙月刊）。行文前後，兩個字詞交替使用，有時則按大陸的語境稱「科普」。

1966-1976

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George A. L. Sarton, 1884-1956

2007-2012

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2019 10 29

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the bed of Procrustes

3 甚至連「中國哲學」本身的定義都是西方的，國際知名漢學家 Roger T. Ames

4 鈺齧絙里偶苾趁卍均」

2010

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2018

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1949

1960

Michael Lynch

2002 241-242
1928-

Hermann Schmitz

2015 51

2012 8 2013 9

Cornell University

Ithaca

2012

2013

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Oklahoma

70 JCRP, 10(2), July 2020

2017

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2017

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Helen Keller

Eichberg, H.

content/17/0903/09/503998_684286083.shtml

2016

7 1 1-32

2004

Thoreau, H. D.

[1854].

. Boston, MA: Ticknor and Fields.

2017 7 10

Practice: The Observation and Reflection of a

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Based on the theoretical thinking and practical exploration of science communication, as well as the author's hundreds of instances of participation in and organization of walks/hikes in China and abroad, this paper systematically examines the author's three stages of walking: from competition, to adjustment, and finally self-content. This paper explores the development of walking as part of daily life, generally not challenging the limits of the body or of nature, and not following the professionalism trend of western sports. Instead of blindly chasing after western sports, through presenting this concept of walking the author hopes to provide a different way of thinking and practical direction for people interested in exercising for general health. This paper tries to incorporate and reflect on basic principles of Chinese traditional culture (such as Taijiquan, Qigong, etc.), western sports ideology and science communication.

mass health-building, walking as part of daily life, western sports, science communication, walking

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