

Training Path Analysis of "Sports Medicine Integration" Compound Talents in the Perspective of Healthy China

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Abstract: The development of health management mode of sports and medicine integration can not be separated from the compound talents who have both medical literacy and sports skills. This paper first introduced the current situation of the development of "sports medicine integration" talents in China, and then explored and analyzed the training path of "sports medicine integration" talents from four aspects: formulating training objectives, establishing a characteristic curriculum system, building a professional teaching model, and building a composite teaching team.

Keywords: Sports Medicine Integration; Compound talent; Training Path

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1. Introduction to "Sports Medicine Integration"

The integration of sports and medicine refers to the organic combination of macro sports and advanced medical technology to achieve complementary advantages, treat in sports, and jointly promote the realization of the grand goal of national health. The integration of sports and medicine is mainly reflected in the following aspects: First, sports can be used to strengthen the body, prevent diseases, and assist other chronic diseases; Secondly, the medical concept and knowledge are used to guide sports, and the feasibility is pointed out in the important nodes such as sports mode risk assessment and injury protection, so as to effectively avoid the occurrence of sports risks. Finally, we will build a sports medical integration system guided by the government's macro policies and with the participation of all sectors of society, actively respond to the call of the state for health for all, and ultimately achieve health for all and improve the quality of life.

2. Current situation of talent development of "sports medicine integration" in China

"Sports medicine integration" is the need of social reality development, and talent is the key to the development of "sports medicine integration". In China, sports medicine integration talents mainly include clinicians, sports rehabilitation teachers, health exercise instructors and fitness coaches^[1]. Many foreign medical and health professionals, not only clinicians, but also many rehabilitation therapists, have successfully combined medical knowledge with sports and fitness, and perfectly practiced the "integration of sports and medicine". In China, although the number of trained clinicians accounts for a large proportion, they lack the basic theory of sports guided intervention in disease treatment. In addition, many medical graduates do not directly practice in community hospitals, while communities are the main positions to carry out "sports medical integration", which leads to less contact between doctors and communities, and affects the training of "sports medicine integration" composite talents to a certain extent.

The State Council has issued several opinions on promoting the development of the health service industry, emphasizing the importance of promoting the construction of "sports medicine integration" compound talents. The Ministry of Education should cooperate with all parties in running schools. It can actively explore the training path of compound talents by creating the training goal, assessment outline, curriculum system, etc. of "sports medicine integration" compound talents, and output a group of win-win talents

who are not only proficient in medicine, but also good at sports. When training new talents, the sports specialty should also introduce the curriculum concept of “medical health” on the basis of improving sports skills. Medical students need to set up new majors and corresponding courses such as “sports medicine integration”, and increase the application of “sports and other non medical means intervention”^[2].

3. Exploration path of “sports medicine integration” compound talents

3.1 Develop the training objectives of “sports medicine integration” compound talents

At present, the sports major aims to cultivate talents who can take charge of sports teaching, training and competition, teaching and research activities, social sports guidance and other work. The educational purpose is single and one-sided, which is difficult to match the needs of “sports medicine integration” compound talents, and cannot help social development. It is extremely urgent to formulate a talent education plan for the integration of sports and medicine in a timely manner, define the training objectives, and promote the effective unity of the training of sports and medical professionals. As early as the 1960s, foreign countries began to mix physical education and medical education, and gradually implemented the link between physical education and medicine. Taking the cultivation of American doctors as an example, they adopted the elite education method. After graduating from high school, they could not directly enter medical schools for further study. Medical schools will only be admitted after passing the MCAT examination and obtaining the corresponding degree after graduation from undergraduate courses. In addition to liberal arts and science, students must include freshmen majoring in sports. The undergraduate students majoring in sports, after entering the medical college, the medical subjects taken during the university can be included in the total credits, and the students with excellent results can also apply for the master doctoral program. The implementation of this policy has fundamentally laid the foundation for the integration of sports and medicine, and effectively promoted the effective integration of the two majors^[3].

3.2 Establish the characteristic curriculum system of higher physical education “sports medicine integration”

The current education curriculum of physical education major in colleges and universities is mainly composed of two parts: public basic courses and professional skills courses. In terms of curriculum setting, the proportion of public courses that do not closely fit the professional content is relatively large, which has little significance for students to improve their skills. However, there are few medical courses related to the medical field, such as TCM regimen, body function, sports rehabilitation, chronic disease prevention mechanism, and so on, with vague positioning. The characteristic and targeted theoretical and practical curriculum system needs to be further formed. In addition, the teaching resources are poor, and the related experimental equipment, equipment and facilities are not perfect, which is not conducive to the promotion of professional basic knowledge and the development of practical ability of talents. To form a situation of “you have me, I have you” between medicine and physical education, first of all, we should be familiar with the characteristics of the professional curriculum system offered by the sports and medical majors, deeply explore the combination points of the curriculum, find the theoretical basis for curriculum intersection and integration, sort out and summarize the training program, and carry out the implementation step by step^[4]. It is necessary to reasonably optimize the curriculum of medicine and physical education. In the aspect of medicine, students can acquire the knowledge of rehabilitation medicine, sports health care, health exercise guidance, and master the basic theoretical knowledge and skills of sports medicine integration. In the aspect of sports, students can use the modern medical knowledge they have mastered to scientifically guide the people to better strengthen their health and prevent illness.

3.3 Constructing the teaching mode of “sports medicine integration” for higher physical education majors

At present, according to the education model of our country, the main goal of physical education students is to improve their competitive level and sports performance, and they pay too much attention to physical fitness exercise and skill improvement. The teaching method is based on the teacher’s explanation, not learner centered, but just copying the textbook knowledge to carry out spoon feeding teaching for students, which fails to fully stimulate students’ interest, and does not practice the combination of theory and practice. We should make full use of offline resources, improve the construction of experimental sites, strengthen practical training, expand students’ abilities, and strive to build a sports medical integration teaching model, so that students can use their medical knowledge to analyze the application of relevant medical cases, so that they can truly apply what they have learned to practice.

3.4 Build a teaching team of “sports medicine integration” to cultivate versatile talents.

In order to complete the training of “sports medicine integration” compound talents, we must pay close attention to the construction

of the teaching staff. As an institution with an early implementation of sports medicine integration, American universities require their PE teachers to obtain a doctor's degree. As teachers of human science courses, they must also have medical related industry certificates to ensure the professionalism of teaching medical related courses. At present, the development of sports medicine integration in China is relatively lagging behind. In view of this situation, it is suggested that two methods should be adopted to cultivate the teaching staff of compound talents. The first is to implement cooperation between colleges and universities, so that sports schools and medical schools can cooperate with each other, so that the teaching teams of both sides can be combined. On the basis of the original teaching team of human function and exercise guidance, teachers of anatomy and physiology related courses can be introduced and trained. The second is to share high-quality resources of professionals between Physical education institutes and medical institutions [5]. As the main battlefield of "sports medicine integration", each hospital has a certain number of high-quality talent teams. They have good scientific research ability and clinical practice ability. They can cooperate with relevant Physical education institutes, and invite experts to teach and cultivate students.

4. Conclusion

This paper draws on the advanced experience of foreign "sports medical integration" talent training, actively explores the training path of "sports medical integration" compound talents, and through reasonable optimization of the curriculum settings of medicine and sports, clarifies the cross and common relationship between the two courses, implements cooperation between universities and colleges, hospitals, and establishes a complete "sports medical integration" curriculum system.

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