

Research on the Pathways of Characteristic Physical Education Model in Colleges and Universities from the Perspective of the Integration of Sports and Medicine

Axi Jinluo

Institute of Sports Science, Sichuan University, Chengdu , 610065

Abstract: College education plays a vital role in China's socialist education undertakings, and education quality can also have a certain impact on the comprehensive quality of talents, which requires our full attention. We can incorporate the concept of the integration of sports and medicine (hereinafter referred to as ISM) into college physical education (hereinafter referred to as PE), plan each stage in the educational work in a scientific and reasonable way, and strive to achieve the goal of high-quality college education, thereby providing a continuous supply of high-quality talents for the construction and development of China. The article first discusses and analyzes the connotation of the ISM, then studies the significance and necessity of integrating the concept of ISM into PE in colleges and universities (hereinafter referred to as HEI), and finally put forward corresponding educational measures according to the focus of the work, aiming to contribute to a high level of PE in HEI.

Keywords: Integration of sports and medicine; College education; Physical education model; Pathways

1. Introduction

PE is an important component of college education, and its quality can have a decisive role in students' physical quality, which requires our full attention. We should build a characteristic PE model for colleges and universities under the perspective of the ISM, which can open up a new pathway for PE, innovate the teaching model, improve the educational effect of PE, and strengthen the talent cultivation in HEI in an all-round way.

2. Analysis of the Connotation of the ISM

ISM refers to the coordinated development of sports, fitness and health care, which are able to implement the call for national fitness in practice. According to the Outline of the "Healthy China 2030" Plan, it is necessary to widely carry out the national fitness campaign, strengthen the ISM as well as non-medical health interventions, and promote the improvement of the comprehensive physical quality of key groups in China through sports activities. At present, the ISM has gradually entered into the practice stage, which can play a good role in promoting the implementation of the call for national fitness. The concept of ISM is an important way to fully implement the "Healthy China 2030" Plan. It can stimulate the public to value sports, and develop sports skills that are beneficial to their physical health, thus making them form a new ideological understanding of life and health and allowing them to have a healthier lifestyle. Meanwhile, the implementation of the concept of ISM is also conducive to enhancing the sense of sports among the public, and forming a good ideological understanding of sports through continuous exercise, thereby enhancing the national physical fitness.

3. The Significance of the Concept of ISM to PE in HEI

PE can help to implement the government-initiated calls for national fitness in China among the students, make them form a good ideological understanding of sports, and enhance their overall physical quality. The concept of ISM can provide new ideological guidance and direction for PE in HEI, which is conducive to the innovation of PE mode. The comprehensive implementation of sports and medical care among college students is conducive to the continuous improvement of teaching work. In 2016, Comrade Xi Jinping, General Secretary of the Central Committee of the Communist Party of China, pointed out in his

speech at the National Health Conference that a healthy and civilized lifestyle should be advocated, the concept of general health and wellness should be established, thus changing the focus from treating diseases to people's health and establishing a sound sports system. This has played a good role in promoting the implementation of the call for national fitness in China. Therefore, it is necessary for us to emphasize the implementation of the concept of ISM, so as to gradually form a benign development model of promoting health through sports, and help college students effectively improve their comprehensive physical quality. In essence, PE is an important way and method for college students to do physical exercise, while medicine can provide some ideological guidance for the physical health of college students. Meanwhile, healthy sports training methods and lifestyles can be summarized to allow students to have healthier bodies. In addition, the ISM can also take sports as a support point in practice to comprehensively use various theories and knowledge, thereby achieving a scientific physical exercise by guiding practice with theory and supporting theory with practice, so that sports and medicine can complement each other and cultivate more compound talents for the construction and development of our society.

4. The Necessity of Incorporating the Concept of ISM Into PE in HEI

4.1 Meet the development needs of sports medicine

In the construction and development of our society, sports have certain special functions, such as improving the comprehensive physical qualities of the public and giving them a healthier physique. Also, sports can fully develop people's physical functions, thus allowing people to have better physical conditions. Medicine, on the other hand, serves to improve the health of the public. It is conducive to the overall advancement of the "Healthy China" plan, can help to realize the integrated development of sports and medical care, meet the development needs of sports medicine, and can improve the health of the general public. At present, in the context of building a well-off society in an all-around way in China, national health has become an important indicator, and the degree of national health is also closely related to the construction and development of our society. As education is a key part of our social development, the concept of ISM appears to be extremely important and necessary. This concept can enable college students to have a correct concept of sports, form a correct understanding of medical development, as well as enhance their physical fitness by taking part in sports activities, which in turn achieve the goal of disease prevention. For this reason, the integrated development of sports and medical care can play a positive role in promoting the social construction and development of our society.

4.2 Help improve the level of talent training in society

Talents are crucial in the construction of socialism in China, and the quality of talent also affects the efficiency of social development to a certain extent. As a result, vigorously cultivating high-quality talents can meet the development needs of China and help improve the talent structure in society. As mentioned in the Opinions of the Central Committee of the Communist Party of China and the State Council on Strengthening Youth Sports and Enhancing Youth Physical Fitness in China, strengthening school sports can enhance the physical fitness of students, improve their comprehensive quality, which contribute to the vigorous development of education modernization^[1]. Therefore, PE needs to focus on the combination of the concept of ISM and strive to realize the modernization of education, thereby providing a continuous supply of excellent talents for the construction of socialism with Chinese characteristics in the new era of China. Meanwhile, the integration of this concept can also meet the demand of society for excellent successors with all-round development in morality, intellect, physique and aesthetics, so that college students can complete various learning tasks in the university at an optimized state, and they are also able to resolutely devoted to the socialist construction after graduation, which in turn provides enough talents for our country to support the great rejuvenation of the Chinese nation.

5. Discussion on the Focus of Integrating the Concept of ISM Into PE in HEI

5.1 Make full use of various teaching resources

To effectively integrate the concept of ISM into PE in HEI and build a characteristic PE model, the primary task is to make full use of various teaching resources in HEI, which allow students to form a good sports concept with the support of sufficient educational resources, and gain an in-depth understanding of PE, and actively participate in sports activities under the call of colleges and universities, thus strengthening their physical fitness^[2]. The integration of this concept is conducive to the improvement of PE in HEI, enabling students to fully understand the important role of sports and medical care for their growth, and actively participate in sports, so as to improve their comprehensive physical quality and make them gradually grow into a new type of talents for the construction and development of our society. Universities need to make comprehensive statistics and summaries of the educational resources available, make full use of various teaching resources to carry out PE, and strive to implement the concept of ISM into practice, which serves to enhance the comprehensive physical fitness of the students and plays a positive role in promoting the

learning and growth of college students.

5.2 Strengthen the promulgation and guidance of the concept of ISM

Promoting the promulgation and guidance of the concept of ISM is also an effective way for its implementation. Such measures can improve student awareness of the importance of this concept and the national call for college students to participate in sports, which is beneficial to the implementation of "national fitness" in China. At the same time, it helps college students to cultivate good physical fitness and improve their health, so that they can gradually grow into compound talents that are beneficial to the construction and development of our society^[3]. When strengthening the promulgation and guidance of the concept of the ISM, colleges and universities need to pay attention to the scope of promulgation, and vigorously promote the concept among the teachers and students in the entire university, so that teachers and students can pay attention to the ISM and implement it in their learning stage. Colleges and universities can regularly carry out propaganda conferences, speeches, bulletin boards and broadcasts on the concept of ISM to achieve an all-round and three-dimensional propaganda effect, so that students in HEI will gradually realize the importance of this concept and are able to practice the call of "Healthy China" plan, which can allow higher education in China to be carried out in an orderly manner and achieve their goals with high quality.

6. Practice Approach of Characteristic PE Mode in HEI From the Perspective of ISM

6.1 Establish the Correct Education Concept of ISM

To build a characteristic PE mode featuring the ISM, the priority is to establish a correct education concept of ISM, thereby providing ideological guidance for college PE. As the concept of ISM is still in its infancy in society, most students only consider PE as a subject in HEI, which is obviously not conducive to integrating the concept of ISM in PE in HEI. Therefore, it is necessary to establish a correct education concept of ISM. We should strengthen the propaganda of this concept to make teachers and students fully aware of its importance and allow students to form a good ideological understanding of ISM. We need to make it clear that sports and medicine have the same function to some extent, i.e., they both play a positive role in promoting the development of human health from different perspectives and that active participation in sports is conducive to the enhancement of human health and has an extremely important role in the prevention, treatment and rehabilitation of diseases^[4]. Therefore, during the actual promotion, students need to form correct perceptions of and deepen their understanding of the ISM. For example, we can hold regular propaganda conferences and lectures in HEI to teach students the important role of ISM as well as the effect of participating in sports on physical health. This will not only allow them to master more professional knowledge of sports, but also have a better understanding of health, thereby improving their enthusiasm and initiative for sports. Meanwhile, it serves to effectively integrate this concept into PE in HEI, build a characteristic PE model, and promote the sustained improvement of education in HEI.

6.2 Consolidate the theoretical knowledge system of ISM and scientifically set PE curriculum

To effectively integrate the concept of ISM, it is also necessary to consolidate the knowledge and theoretical system of ISM, so that students can acquire richer theoretical knowledge and actively participate in physical exercise, thereby strengthening their physical fitness. In addition, it is also necessary to scientifically set the PE curriculum to ensure that students can learn PE knowledge comprehensively and systematically, and that their understanding of professional sports knowledge can be deepened, so as to form a scientific understanding of the concept of ISM. The first is to broaden the scope of health knowledge-related courses. At this stage, teachers are required to make systematic statistics and summaries of the knowledge related to the concept and to introduce students to the content of knowledge related to the ISM, so that students can understand the importance of physical health and are able to integrate sports and mental health, thus effectively highlighting the characteristics of the ISM teaching model^[5]. The second is to increase the proportion of PE courses. At the course scheduling stage, colleges and universities need to make systematic considerations and analysis, and appropriately increase the proportion of PE courses, so that students can have enough time to participate in physical exercise and learn richer PE knowledge, which is not only conducive to the implementation of the call for national fitness, but also allow students have a more comprehensive understanding of the concept of ISM. And the third is to set up medical-related course explanations. To integrate the concept of ISM into college sports, it is also necessary to intersperse medical-related course knowledge in it, so that students can master some basic medical principles and avoid injuries during sports activities. They can also use their medical knowledge to effectively deal with sports accidents, so that they can maintain a healthier physical state and ensure that college PE courses highlight their characteristics, and complete their goals with high-quality.

6.3 Strengthen the ISM ability of the faculty

The comprehensive ability and professional skills of teachers can affect the effectiveness of PE in HEI to a certain extent. Whether

the concept of ISM can be effectively integrated into college PE also depends on the professional level of the faculty. Therefore, building a team of teachers with good professional skills is also one of the important measures. It is important to focus on strengthening the ISM ability of teachers, so that they can master the professional knowledge related to ISM and are able to teach students the concept of ISM^[6]. One is to regularly conduct professional skills training conferences for teachers to learn professional knowledge related to the concept of ISM, so that they can have a deeper and more comprehensive understanding of sports and medicine, and implement the concept of ISM in their teaching practice, and students can also be trained more professionally, thus allowing the concept of ISM to promote PE in HEI. The second is to strengthen the review of teachers' ISM ability. We can build a corresponding teaching evaluation mechanism according to teachers' actual work, so as to learn about the effectiveness of their teaching and discover their deficiencies in time, and then customize improvement measures to enhance teachers' ISM ability, thereby allowing the characteristic PE mode in HEI to achieve sound results.

6.4 Construct a diversified teaching evaluation system of the ISM

In order to keep track of the effectiveness of PE in HEI and to improve the teaching content, it is also necessary to build a diversified teaching evaluation system for the ISM, so as to learn the effect of PE in HEI under the guidance of the ISM concept, reflect the effectiveness of teaching, and in turn make specific improvements^[7]. The first is to pay attention to the selection of evaluation indicators. It is necessary to make systematic analysis and research on the PE mode in HEI and select diversified evaluation indicators, such as teaching efficiency evaluation, classroom content evaluation, teaching achievement evaluation, and the evaluation of student's health knowledge, etc. Thus achieving an all-round and three-dimensional evaluation of the ISM in HEI. The evaluation results can feed back the effectiveness of PE, test the teaching results of teachers, and at the same time grasp the shortcomings of teachers in the evaluation, and then make specific improvements and formulate measures for PE teaching. The second is to implement a two-way evaluation mechanism, that is, both teachers and students can effectively evaluate each other's performance in PE courses. This will not only reflect the quality of students' PE, but also effectively feedback on the performance of teachers, which is beneficial to college PE. This is conducive to the reform and innovation of PE mode in HEI, and helps to promote the effective integration of the concept of ISM, so that the concept of "Healthy China" can be practised in HEI.

7. Conclusion

To sum up, it is necessary to pay attention to the integration of the concept of ISM in the PE in HEI, so as to promote the reform and innovation of PE and improve teaching quality for students, which allows students to have a healthier body and embrace their student life vigorously, thus improving the effectiveness of PE teaching in HEI.

References:

- [1] Chai Zhongxue, Zhou Yin. Research on Talent Training Strategies for Physical Education Majors in Colleges and Universities From the Perspective of Integration of Sports and Medicine [J]. *Course Education Research*, 2020(15):232-233.
- [2] Li Xin. Research on the Teaching Model of University Sports Clubs in Medical Colleges Under the Background of "Integration of Sports and Medicine" [J]. *Contemporary Sports Technology*, 2019, 009(007):73,75.
- [3] Sun Ke [1]. Research on the Teaching Reform of Physical Health Care Under the Integration of "Sports and Medicine" [J]. *Sport and Style*, 2018, 000(008):242-242.
- [4] Peng Bo, Chen Si. Analysis of the Integration of Sports Science and Medical Knowledge in the Teaching of Public Physical Education in Medical Colleges and Universities [J]. *Times Education (Education and Teaching Edition)*, 2012(8): 169.
- [5] Lin Yue, He Mao, Wang Yue. Discussion on the Reform of Physical Education in Colleges and Universities From the Perspective of the Integration of Sports and Medicine Under the Strategy of "Healthy China" [J]. *Higher Education Forum*, 2020, 000(002):66-70.
- [6] Li Qingxue, Zhang Shufang, Ma Chunlian, et al. Research on the Teaching Mode for Innovative and Entrepreneurial Talents in Sports Rehabilitation in Sports Colleges and Universities in the Context of Physical Medicine Integration [J]. *Sports World:Academic Edition*, 2018, 000(004):P.1-2.
- [7] Liu Qiang. Research on the Effectiveness of Specialized Integration of Physical Education Curriculum Construction in Colleges and Universities Under the Background of the Integration of Sports and Medicine [J]. *China Economist*, No.370(12):197-198.