

Research on the Teaching Reform of "Combination of Medicine and Physical Education" under the Background of healthy China

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Abstract: Purpose: According to the relevant requirements of "2030 Plan Outline of Healthy China", it is clearly proposed to promote the rational combination of medical and physical disease management and the formation of health service model. This paper focuses on the teaching situation of colleges and universities under the background of healthy China, analyzes some problems existing in the current teaching process, and puts forward corresponding solutions. Research methods: This paper through the literature review, logical analysis and other methods to study. The main results are as follows: At present, China is facing a serious shortage of teaching personnel in the "combination of medical and sports", and there is still a strong concept of hard education in the whole society, the policy and financial support for this teaching method is still insufficient. Main conclusions: With the continuous development of society, health has become a very important issue in the whole society. Especially in the current context of healthy China, schools should use all kinds of effective resources to improve their own teaching level of the combination of medicine and physical education, combine sports and medicine effectively, and promote the reform and development of physical education in schools.

1. Introduction

The policy of integrating medicine with sports has a very wide range of clients, whether sick or not, or after birth is applicable in the recovery phase. With the rapid development of society, people have higher and higher requirements for healthy physique. However, due to the lack of physical exercise, the overall physical fitness of adolescents in China is not high, which has become a very serious social problem. Therefore, in the current context of healthy China, colleges and universities must attach importance to the students' physical education, effective use of the mode of combining medicine and sports, improve the effectiveness of physical education in schools, and thus make the students' physical fitness constantly enhanced.

2. The Meaning of "Integration of Medicine and Physical Education"

The combination of medicine and physical education, specifically, is to combine sports and medical methods together, and effectively combine sports health care, sports medicine, sports prescription and sports rehabilitation included in sports human science with nutrition, rehabilitation medicine and rehabilitation evaluation included in medicine. So that sports and medicine can promote each other, common development, and ultimately achieve the goal of multi-disciplinary integration. Literally speaking, the fusion of medical science and physical education is the effective combination of medical science and physical education. The fusion here not only refers to the connection between the two disciplines, but also requires a close combination of ideas and theories. In fact, the integration of traditional Chinese medicine and sports science, specifically provides a kind of thought, as well as the path to achieve the maximum extent to reflect the pertinence and specific use, and sports discipline mainly provides the implementation of specific measures. Through some related theories of medicine, summarizing sports is the sports prescription that people can see everyday. At present, in the modern society, the integration of sports and medicine is

to make use of community medical service institutions, enhance people's physical fitness, avoid the occurrence of disease and so on [1]. Proceeding from the health of community residents, medical departments and sports departments effectively combine to complement each other, and jointly promote the healthy development of people's health. The measure and method of medical integration can promote the development of sports and medical treatment to a great extent, which is of great significance to people's health.

3. Needs for the Development of the Times of "Integration of Medicine and Sports"

With the rapid development of science and technology and the continuous improvement of social and economic level, people have a higher and higher standard of living, at the same time, there are a variety of health problems. At present, people have common sub-health problems. Sub-health is the physical condition between health and disease, which is a very special stage, the most common symptoms are endocrine disorders, menopause, neurasthenia and so on. When people go to the hospital for a physical examination, the data are normal, so these symptoms are largely ignored. However, if we do not find some problems in the first time, and solve them in time, long-term development will lead to serious physical health problems, and even lead to various serious diseases. Physical exercise is of great significance to alleviate the sub-health of human body and promote the healthy development of human body.

4. Feasibility and Necessity of Integrating Medicine with Physical Education in the Context of Healthy China

4.1 Feasibility.

As far as our country is concerned, there has been a tradition of keeping fit since ancient times, such as Taijiquan, Qigong and so on, which are very beneficial to people's health. However, many of the theories of these exercises have been developed on the basis of Chinese medicine, for example, Such as yin and yang and the five elements of these related theories, so medicine and physical exercise has been very closely linked since ancient times. Medicine can be Sports for correct guidance, which the theory of prevention of disease has a very important role. In current medical science. It also attaches more importance to the use of health care means, in these means, sports health care is a very important aspect. Therefore, in the healthy environment of China, more and more attention is paid to the concept of "combination of medicine and sports", this theory is also an extension of the previous theory of sports health care in China, the specific implementation of the process reflects a strong practicability. But can make our country sports and medical science effective combination, at the same time, also make the content of health sports more and more rich, better serve the whole people. It is of great significance to the development of society and people's health.

4.2 Necessity.

As a result of our long separation of sport from medical care, Therefore, students in the daily sports activities, are basically in accordance with their own understanding to exercise, or listen to others for their advice, basically no students in the exercise will consult a doctor, most students think that sports and doctors are not related to the matter. Under such circumstances, Student's you this exercise activity, Long-term lack of a learning guidance and testing, even if the physical exercise, do not know whether this activity is beneficial to their health, in some cases, students' sports, is not conducive to the healthy development of their own body, not only will not strengthen the body, but also will harm other parts of the body. If the combination of physical education and medical treatment is effective, students can not only listen to teachers' advice to themselves when they are engaged in daily physical activities, Be able to get professional doctors for their own sports guidance, according to the "exercise prescription" to enhance physical fitness, to go to the hospital at any time for re-examination, according to the specific situation of physical exercise to change the program at any time, so as to improve the effect of students' physical exercise, maximize the

realization of the purpose of physical health.

5. Analysis of the Mode of "Combination of Medicine and Sports" in Colleges

5.1 Teaching Objective of "Combination of Medicine and Physical Education".

The teaching goal of the combination of physical education and medicine is to let students learn the basic theory on the basis of the education goal of the combination of physical education and medicine. Through various aspects of professional knowledge teaching, a deeper understanding and grasp of relevant basic theoretical knowledge [2], to have a clearer understanding of knowledge, at the same time, can learn theoretical knowledge, effective use of practical exercise, enhance students' innovative thinking ability, improve students' awareness of physical exercise and initiative. The effective combination of physical education and medicine can help students of physical education to understand more medical knowledge, and in daily sports practice, can be effectively used; Students grasp more abundant sports knowledge, and can understand these knowledge according to their own personal consciousness, ultimately make students not only have sports knowledge, but also have related medical common sense, daily life and work process more advantageous, but also can cultivate more outstanding talents with sports spirit for the society.

5.2 Teaching Contents of "Combination of Medicine and Physical Education".

Utilize the teaching mode of "combination of medicine and sports". So that the characteristics of various sports specialties can be effectively integrated, effective integration of medicine and sports teaching. To apply medical knowledge reasonably to the specific activities of physical education. It can not only improve students' enthusiasm for learning to the greatest extent, cultivate students' practical ability, but also help students to understand and master the relevant theoretical knowledge. Students in the process of sports also know a lot of medical-related theoretical knowledge, in daily emergencies and sports, if there are students injured, they can help each other, but also improve the comprehensive ability of students, school teaching effect is higher.

5.3 Teachers in "Combination of Medicine and Sports".

Whether the teaching mode of integrating medicine with sports can achieve the expected results mainly depends on whether the teachers in the school are professional or not. At present, most teachers in the school are still lack of innovation consciousness and practical teaching methods in their daily teaching activities. Therefore, we must attach great importance to this problem, and then put forward effective measures. Schools should make full use of their own resources to train teachers in relevant knowledge and skills; School physical education teachers can also actively improve their own teaching ability, make full use of the time they can use to learn relevant courses and theoretical knowledge; Physical education teachers should cooperate with the school doctors to inspect the students' physical fitness periodically and check whether the students' physical fitness meets the standards. Physical education teachers should also be their own teaching tasks, my own sense of responsibility, the theory of related research, research papers on the one hand, improve their own level.

6. Current Situation and Influencing Factors of "Integration of Medicine and Physical Education" Teaching in the Context of Healthy China

At present, most medical colleges and physical education institutes in China lack the consciousness of integration of physicians and physicians when arranging courses, and still use the traditional teaching mode to arrange courses. At present, the whole society attaches more and more importance to education, and the teaching mode of combination of medical science and sports has been paid more attention to. Many schools have adopted this teaching mode, but the current actual teaching situation, of course, has not achieved the desired results. Therefore, schools urgently need to combine sports and medical theory, arrange courses, highly integrate medicine and sports content, reform school teaching mode, make full use of school sports resources, so that students can meet

their own requirements for physical fitness improvement. At present, the teaching mode of most medical colleges and institutes of physical education in China is still relatively unitary, the school has not set up many elective courses, and the teaching effect is not ideal, although the school's elective courses are rich and varied, but most of them can not improve students' interest in learning, no practical significance. And the current medical college students in physical education teaching, this course content is still no different from the traditional teaching, students as long as they can achieve the corresponding credit is considered qualified. And in the content of physical education, can not fully reflect the richness, students do not study enthusiasm for physical education curriculum can not raise interest.

7. Strategies for the Development of Teaching Mode of "Combination of Medical Science and Sports"

7.1 Carry out the Guiding Ideology of "Health First".

Through the mode of combination of medical science and physical education to impart knowledge and physical education, Students will understand the scientific basis and role of physical education to enhance physical fitness and the importance of physical exercise to their own development, cultivate the consciousness of physical exercise, enhance the consciousness of physical exercise [3], can effectively combine medical knowledge and physical activity, enhance their own health awareness. When arranging the relevant courses, the school must fully consider the students' psychological and physiological characteristics, and arrange the physical education courses from the actual situation of personal development and interest. At the same time, the school must pay attention to the embodiment of the traditional sports and medical sports content, and implement the relevant policy theory under the background of healthy China. Schools must enrich the content of sports activities, set up some targeted sports courses, such as sports dance and tai chi sword and so on.

7.2 Organic Integration.

Schools in teaching must pay attention to the effective combination of in-class and out-of-class. In the classroom, we must pay attention to the development of students' personality education, at the same time, we should combine medical integration teaching mode, fundamentally improve students' interest in learning. Outside the classroom, let the student develop their own exercise mutual supervision habit, make the school and outside the organic combination. The most effective use of students' extracurricular time, such as weekends or holidays, for students to organize community health sports and health awareness of knowledge publicity, but also for students to guide physical exercise, so that college students' health awareness continues to improve. This way can not only improve students' professional ability, but also enhance students' practical ability.

8. Conclusion

In the process of social development, more and more attention has been paid to health. The concept of health has become a national issue, In the context of a healthy China, Schools should pay special attention to the effective use of the teaching mode of the combination of medicine and sports, through this teaching method, effectively improve the health awareness of students, at the same time, can also enhance the students' medical knowledge and physical exercise knowledge, improve the comprehensive quality of students, for the whole society to cultivate more excellent talents.

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