

# Analysis on the Reform of Physical Education Teaching in Medical Colleges From the Perspective of “Integration of Sports and Medicine”

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## Abstract

Through the method of literature review, this paper analyzes the social background of the integration of body and medicine, the advantages of the integration of body and medicine in medical colleges, and the reform ideas of physical education in medical colleges to practice the integration of body and medicine. It is considered that the practice of integration of sports and medicine should be based on medical colleges and give full play to the advantages of teachers and students in medical colleges, and the practice of integration of sports and medicine involves physical education teaching purposes, teaching contents, teaching methods, teaching process, teaching evaluation, physical education textbooks and other aspects.

**Keywords:** integration of sports and medicine, medical university, physical education, manage

## 1. Foreword

The significance of sports in promoting people's physical and mental health is obvious, especially in sports rehabilitation, the treatment of chronic diseases and the prevention of diseases. Therefore, in 2007, the American Sports Medical Association and the American Medical Association jointly launched the action "Sports is a good doctor", which has been accepted by most countries and is popular all over the world. Nowadays, Covid-19 has been raging all over the world for two years, which has caused great harm to the health of people all over the world. People are longing for health as never before, and the mutual integration of sports and medicine is entering people's lives at an irresistible pace.

## 2. Social Background of Medical Integration Thought

### *2.1 With the Development of the Times and the Change of Life Style, There Is a Demand for the Integration of Sports and Medicine*

With the development of modern science and technology, the pace of people's life is generally accelerated, the pressure of young people's life is increasing, people spend more and more time on economy, and their leisure time is relatively reduced. Chronic diseases caused by insufficient exercise are increasingly threatening people's health. At the same time, due to the daily use of multimedia products such as mobile phones, tablets, computers, etc., high-salt and oily fast-food eating habits, online shopping at home, sleeping habits of staying up late and sleeping less, etc., the resulting "lifestyle" diseases began to infringe on people's health. Diabetes, hypertension, cervical spondylosis, fatty liver and other diseases are beginning to seriously threaten people's health. It is difficult to protect people's physical and mental health only by the response measures of medical institutions. The integration of sports and medical care has become an important measure to solve this problem.

### *2.2 The Development of the National Fitness Campaign Has Promoted the Integration of Sports and Medicine*

With the increase of the number of national fitness activities, the resulting sports diseases are developing in a spurt. Meniscus abrasion, rotator cuff tear, tennis elbow, Achilles tendon rupture, lumbar muscle strain and other sports diseases, even sudden death, began to seriously threaten people's lives and health. People gradually realize that "life lies in the scientific movement" and begin to put forward higher requirements for the scientific movement. Without medical guidance and supervision, the scientific movement will be worthless and even counterproductive. Although there are a large number of social sports instructors in China to guide people's

physical exercise, relatively speaking, social sports instructors generally lack the corresponding medical and health knowledge, and with the individual differences of the exercise crowd, it is difficult for social sports instructors to give targeted fitness guidance to people.

### **3. Analysis of the Advantages of Practicing the Integration of Body and Medicine in Medical Colleges and Universities**

#### *3.1 Doctors Are the Most Reliable Healers*

As far as patients are concerned, it is the best choice to seek medical treatment after illness. Patients often place their lives and health on doctors, relying entirely on their medical guidance, thus attracting the highest attention from doctors. Therefore, it is most acceptable for doctors to provide patients with a treatment plan of integration of body and medicine. Medical students, as quasi-doctors, are the future healers. Cultivating students' awareness of integration of body and medicine and strengthening the education of theoretical knowledge of integration of body and medicine can better implement the integration of body and medicine.

#### *3.2 Medical Students Have an Absolute Advantage in Quantity*

By the end of 2019, there were 10,154,010 health technicians in China, with 7.26 health technicians per 1,000 people (National Health and Health Commission, 2021); The National Fitness Program (2021-2025) (Guo Fa [2021] No.11) proposes that every thousand people will have 2.16 social sports instructors by 2025 (State Council), that is, 3,024,000 social sports instructors according to the current population size of 1.4 billion. Compared with sports social instructors, there are more health technicians in China, and medical students have more quantitative advantages in the practice of the idea of "integration of body and medicine".

#### *3.3 Medical Students Have a High Degree of Specialization in Medical Knowledge*

Most medical students have a five-year academic system, and students have taken many courses within five years, with nearly 30 specialties related to medicine alone, involving pathology, pharmacology, immunology, nutrition, diagnostics, anatomy, pathophysiology, clinical medicine, health medicine, sports medicine, internal surgery, pediatrics and gynecology, etc. Chinese medicine hospital also involves courses such as acupuncture and massage, Chinese medicine, traditional Chinese medicine, orthopedics, etc. Moreover, medical students have a long clinical practice time, a wide contact area and more experience accumulation, so they have the foundation of integration of body and medicine.

### **4. Reform of Physical Education Practice Under the Idea of Integration of Medical and Physical Education**

#### *4.1 The Purpose of Physical Education Development and Implementation*

Under the background of integration of sports and medicine, the purpose of physical education is no longer limited to physical exercise and mastering skills, but should also include the content of sports medicine. Through certain physical education teaching, students can use physical exercise to relieve and treat some diseases, and can make a certain amount of exercise prescription. When people have certain diseases, they can adopt correct exercise methods to relieve, treat and recover, then the physical education they receive is successful. For medical students, in their future career, if they can skillfully use sports to deal with some patients' diseases, their physical education will be successful.

#### *4.2 The Change of Teaching Subject's Consciousness of Integration of Body and Medicine*

##### *4.2.1 Improve the Sports Literacy of Medical College Students*

Medical students already have comprehensive medical and health knowledge. If they master scientific and rich sports knowledge and know the principles and effects of technical movements, it will be of great significance for their future use of sports prescriptions. Therefore, it is necessary to strengthen the basic theory, knowledge and technology of physical education of medical college students. On this basis, it is of great strategic significance to improve students' mastery of the exercise principles, functions and training methods of technical movements.

##### *4.2.2 Improve the Basic Medical Theory of Physical Education Teachers*

Although physical education teachers can't diagnose and treat patients like doctors. However, from the perspective of physical education, analyzing the pathological causes of some chronic diseases or physical deformities is the premise for the formulation and implementation of sports prescription physical education teaching content. Therefore, strengthening physical education teachers' study of medical knowledge and mastering the causes analysis, treatment principles and methods of some chronic diseases play an important role in improving teachers' formulation of teaching methods of integration of physical education and medicine.

#### 4.3 Development and Promotion of Teaching Materials Related to Integration of Sports and Medicine

Up to now, there is no exercise prescription textbook in China that is convenient for teaching in physical education class, and there is no physical education textbook with sports integration for teaching in physical education class. Therefore, it is urgent and of great significance to compile an exercise prescription textbook suitable for medical colleges and universities and convenient for physical education teaching. Because of this, at present, there is no pilot of physical education class teaching in accordance with the content of exercise prescription. Therefore, compiling a sports prescription textbook suitable for teaching in physical education class is extremely important for the promotion of sports prescription teaching.

#### 4.4 Changes in Physical Education Teaching Content

The content of physical education in medical colleges should increase the formulation and practice of sports prescription, especially the sports prescription which is convenient for teaching, and the enlightening sports prescription which is easy to learn and has reference value. Because of the individual differences of patients, it is impossible for doctors to adopt a completely unified method when using exercise prescription for treatment. Therefore, the inspiration of exercise prescription is more important in physical education teaching. Future practitioners often refer to the exercise prescription learned by physical education class, and then improve, revise and implement it. At the same time, exercise prescription physical education teaching is more targeted to the health management of medical students, which can improve students' physique and health more clearly and provide a strong guarantee for the construction of healthy schools.

### 5. Conclusion

5.1 The idea of integration of sports and medicine is the demand of a healthy China, and it is a strong support for the Ministry of Education to build a healthy school. It is of epoch-making significance to deeply practice the idea of integration of sports and medicine.

5.2 The practice of integration of sports and medicine should be based on medical colleges, give full play to the advantages of medical college teachers and students, strengthen the basic literacy of medical students and physical education teachers in medical colleges, and improve their understanding and practical ability of integration of sports and medicine.

5.3 The practice of the integration of sports and medicine needs to reform the physical education teaching mode in medical colleges, which mainly involves physical education teaching objectives, teaching contents, teaching methods, teaching process, teaching evaluation, physical education textbooks and other aspects.

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