

Organic Integration of Human Movement Science and Health Education

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Abstract: Today, with the rapid development of education in China, we not only attach importance to cultural education, but also strengthen education in many aspects, especially physical education. Only by ensuring that students have a healthy body can they study better and provide greater help for the future construction of the country. Under this background, human movement science and health education are gradually integrated in the field of education in China. This paper discusses the organic integration of human movement science and health education. While understanding the meaning and significance of the integration, it clearly defines the methods to promote the effective integration of the two, and deeply discusses and describes the measures to improve the integration effect of the two, hoping to provide some reference for the development of related work, further improve the scientific and effective integration of the two, so as to promote the reform and optimization of related teaching activities and meet the talent training objectives of the school. Therefore, we can integrate sports human body science and health education teaching in a reasonable way, which is of great help to students' understanding of the teaching content of sports human body science, can help students master more health knowledge, and can also indirectly help students develop a certain degree of self-care ability, which is conducive to students' future work in the field of health education teaching and sports.

1. Introduction

In the era of rapid development, people pay more and more attention to health education. For modern health education, it is necessary to integrate health education with teaching of various disciplines, which is very helpful for every sports enthusiast participating in it[1]. Due to the strong theoretical nature and abstract content of human movement science courses, the relatively poor cultural foundation of students in sports colleges and universities, the application of traditional teaching models is difficult to stimulate students' interest in learning, and the learning effect is not ideal. However, the application of modern educational technology teaching can make boring teaching content vivid and vivid, with its high-tech and rich educational resources Flexible, diverse and visualized teaching methods make students' thinking and emotional activities more concise and graphical, can improve students' mastery of knowledge, and promote the cultivation and development of students' thinking and innovation ability[2]. Secondly, the development of personalized talents also needs diversified student training models. In the modern college education system, we should not only pay attention to the all-round development of students, but also not ignore the individual needs. Now the number of students is increasing year by year, and the number of graduate students enrolled is also more diversified: different ages, different learning backgrounds, and different social experiences[3].

Sports Human Science is one of the earliest specialties offered by Beijing Sport University. As the main supporting discipline of sports scientific research, it has made great progress in recent years with the state's attention to sports scientific research. With the development of schools and disciplines, the number of students majoring in human movement science has gradually increased, and the severe employment situation of the whole society has directly led to a series of problems such as the increase of employment difficulty and the decline of employment quality of graduates of this major[4]. This integration of education is beneficial to every participant, not only exercising

their bodies but also their abilities, especially for sports lovers. Among them, human movement science is a comprehensive discipline, which is mainly used in physical education institutes, involving a wide range of theoretical knowledge, including sports physiology, biological sciences, clinical medicine, physical education and so on. At the same time, human movement science also includes health education, so human movement science and health education are inseparable and closely related[5]. Effectively stimulating students' interest in learning can also enable students to learn as much health knowledge as possible, and promote the formation of their health habits while strengthening their self-care ability, which has a very positive role in the comprehensive development of students' comprehensive quality. But to achieve this goal, relevant colleges and universities need to strengthen the research and application of the integration measures of the two, so that they can play a greater role in quality education[6]. Various disciplines has just started, with few research results and lack of systematicness. How can teachers use modern educational technology to optimize the teaching effect, what is the current situation of teachers' application, and what factors affect teachers' application of modern educational technology are urgently to be solved[7].

By analyzing the current situation of teachers' application of modern educational technology in teaching, this paper can not only promote the innovation of teaching methods of human movement science courses, but also promote the research on the application of modern educational technology in teaching and promote the reform of teaching methods in China, which is of great significance for the reform of teaching methods of human movement science courses in the future.

2. Analysis on Sports Human Science and Health Education

2.1 Stimulate Students' Interest in Learning

In essence, human movement science is actually a subject that studies the relationship between sports and human body. However, the subject of sports human body itself is highly theoretical, so it often makes students feel that the study of relevant knowledge is boring and boring, and they are unwilling to participate in teaching activities[8]. When teaching the subject of sports human body, because of its strong theoretical nature, the course teaching is boring. When carrying out sports teaching, most students do not have enough theoretical knowledge, especially those majoring in arts. As for human movement science, it involves many scientific aspects, such as biology and chemistry. Due to the defects of these knowledge, it is difficult to learn. The main problems in the experimental teaching of human movement science courses in China are insufficient funds and unreasonable laboratory settings; The number of full-time teachers is too small and the level needs to be improved[9]. Schools should increase support for the construction of human movement science laboratories, increase funding, optimize the setting of laboratories and teaching contents, strengthen management, encourage students to make use of the opening hours of laboratories to conduct scientific experiments, so as to make effective use of experimental teaching resources, and also vigorously carry out multimedia-assisted teaching, and make some experimental equipment that is insufficient, expensive equipment that has not been purchased and experimental content that needs to use live animals into interactive multimedia courseware to meet the needs of teaching and alleviate the contradiction between teachers[10].

The definition of physical education by the Ministry of Education has led to a new understanding of the knowledge structure of college students majoring in physical education. However, at present, only a 30-40 class hour health education course has been opened in the major of physical education in colleges and universities, which is too short for students to form a complete knowledge system of health education. Moreover, after the course was opened, data showed that students' knowledge of the subject was not very good, so we should also strengthen the infiltration of health education in other subjects. For those students majoring in sports, being active is one of their major characteristics, so sports is one of their hobbies. Integrating the knowledge of sports human body science into health education teaching is a process of development and reform for health education. It is also a challenge for everyone majoring in sports, and it can also make human movement

science have outstanding characteristics, so that every student can develop good health habits while studying, which is very meaningful for everyone.

2.2 Improve the Quality of Health Education

Under the influence of the concept of quality education, great changes have taken place in today's health education. Due to the concern of all walks of life for health education, the status of this education activity has been continuously improved and the education system has become more and more perfect. In the previous stage, when carrying out human movement science teaching activities in China, practical abilities, such as sports techniques, were usually the main ones, but for these practical abilities, they were mainly related to sports, circulation, respiration, nerves and other systems. Through the explanation of these professional knowledge, students can have better sports ability and provide important help for sports, but there are not many other systems related to digestion and reproduction. But in fact, there is a lot of knowledge related to these systems in human movement science, and these contents are not fully explained, which will also affect the growth of students to some extent. Therefore, these physiological knowledge should be effectively integrated in the teaching activities of human movement science.

In today's world, information technology innovation is changing with each passing day, and digitalization, networking and intellectualization are developing in depth. They are playing an increasingly important role in promoting economic and social development, modernizing the national governance system and capacity, and meeting the people's growing needs for a better life. In order to continuously improve the teaching quality, increase the channels of knowledge dissemination, and let more people receive better education, we must actively apply the new teaching methods brought by the innovation of modern information technology. Sports human body science courses are characterized by strong theory, many experiments, and high requirements for students' practical operation ability, while modern educational technology teaching can inspire students and cultivate students' hands-on ability through a variety of means. At the same time, teachers can better understand classroom teaching, so as to improve teaching and improve teaching effect. Explore a more suitable teaching mode for human movement science courses, and make contributions to the cultivation of sports talents and the development of sports cause. For example, in the society, whether it is sports workers or health care massage personnel, if they only master theoretical knowledge and lack practical ability, it will affect the development of practical work. Therefore, when carrying out teaching activities, we should pay attention to the balance between theory and practice. The second is teamwork ability. In human movement science, it is composed of many links, each of which needs different people to complete. To ensure that all links are effectively integrated in some areas, it is necessary to integrate knowledge of teamwork. This has a very positive effect on the improvement of classroom teaching efficiency and the expansion of educational activities to students' lives.

3. Investigation and Analysis of Human Movement Science and Health Education

3.1 Factors Affecting the Application of Modern Educational Technology in Human Movement Science

The intuitive indicator of the development of student education is the expansion of enrollment scale, but if the scale expands too fast and the quality is ignored, it will become meaningless development. The relationship between scale and quality is unity of opposites. The key to solving the contradiction is to strictly grasp the enrollment standard, properly adjust the number of students enrolled, and realize benign development. When recruiting students, "one size fits all" should not be adopted. Colleges and universities should clarify their position in the diversified structure of the student education system, avoid the mass unification of master students' training, and combine the diversified training objectives and professional characteristics of students to determine what kind of students to recruit and cultivate, so as to determine their own screening criteria, content and methods. Because of this, teachers are more aware of the application of modern educational

technology in teaching and have a high interest in this new teaching model. However, due to the gender differences in interest orientation and thinking mode, there are certain gender differences in information technology, computer application and modern educational technology closely related to these two technologies. There are significant differences among all factors in the three dimensions of policy and environment, teachers and students ($P < 0.01$). The most influential factor among all factors on teachers' application of modern education technology is the allocation of teaching equipment, followed by the school network teaching resource database, modern education technology technology, school network speed, workload, school overall atmosphere, national policy support, teaching equipment maintenance, and unit attention The difficulty of teaching design, students' learning enthusiasm, computer operation ability, teaching equipment maintenance personnel, equipment use training, courseware production training, whether the unit has incentive mechanism, and students' examination results. As shown in Figure 1.

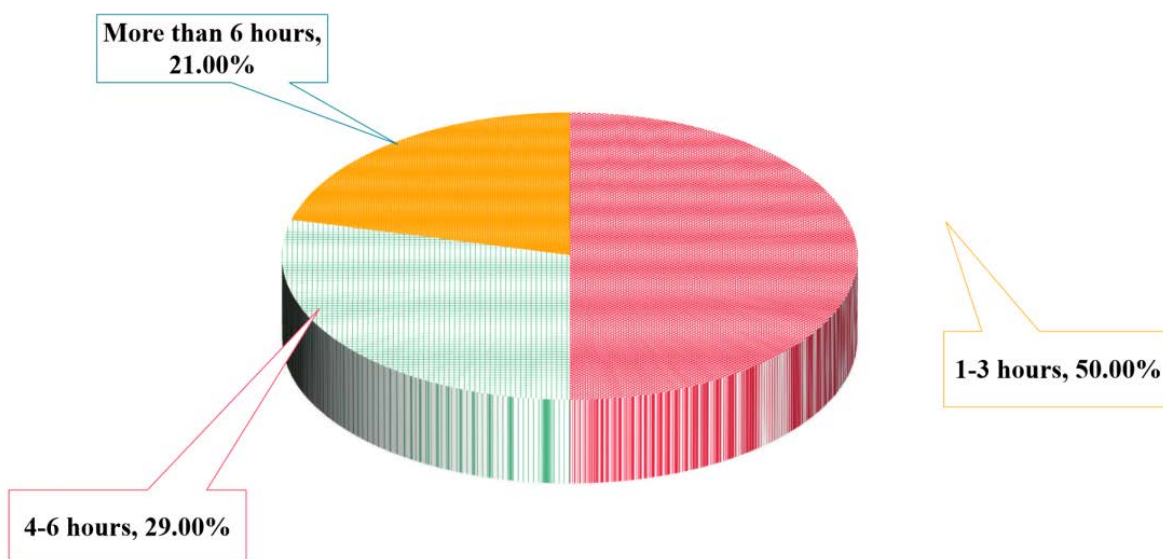


Fig.1 Time for Teachers to Make Modern Educational Technology Teaching Courseware

Convergence of training objectives and personal training plans. With the rapid development of China's economy, higher education has also entered the stage of popularization, and the number of graduate degree-granting units is increasing. There is not much difference in the training objectives of sports and human science students in many colleges and universities, and some of the overall training objectives and specific objectives are abstract and general. This convergent training objective not only obliterates the individual development potential of students, but also ignores the diversified situation of students' overall development, which is obviously not conducive to cultivating high-quality comprehensive talents. This assessment requirement of attaching importance to human science and neglecting human science makes the passing rate of students' papers generally high, and the elimination rate of graduates in student education is almost zero. This almost zero elimination rate further provides a wide range of output for batch enrollment and batch teaching of graduate students, which makes the talents cultivated by students not only lack comprehensive quality and innovation ability, but also lack personality and characteristics, and eventually become real batch talents. As shown in Table 1.

Table 1 Comparison of The Requirements of the School for Human Science

Statistical total	Have strict requirements	Common	Make no request
470	59.7%	39.2%	1.1%

Diversification of talent training mode is not only the realistic need of society, but also the inevitable trend of the rapid increase of enrollment scale, and it is also the urgent need to develop students' personality and cultivate innovative talents. Bold innovation, exploration and

implementation of diversified talent training are the only way to deepen the reform of higher education.

A healthy body is what everyone wants, and health can be maintained and maintained through reasonable exercise. Sports have many characteristics, such as entertainment and competitiveness. Physical education itself is a healthy lifestyle, and every health educator hopes that everyone can benefit from physical exercise for life, but at present, people are basically not enthusiastic about health education and teaching. For example, when explaining the knowledge about sports guidelines, sports health care and sports monitoring, if there is no support from human movement science, the knowledge about heart movement, muscle contraction and joint range of motion will become extremely empty. So teachers should teach according to the characteristics of students in class. They can teach from shallow to deep teaching methods in order to let students enter the learning state, and then deepen their knowledge.

3.2 Harmony and Unity Should Be Emphasized in Teaching

In the process of integrating human movement science and health education, teachers should also pay attention to the study of teaching materials, ensure the scientificity and effectiveness of the integration, and avoid blind integration or copying the relevant contents mechanically. Such as: case method, famous sayings method and practical training method. Choosing multimedia devices that students are interested in in teaching can easily attract students' intentional attention, and interact with students in teaching to give them a sense of accomplishment, so that they can learn relevant health care knowledge while learning professional knowledge. The higher the degree, the higher the proficiency of modern educational technology. The possible reason is that the higher the degree of education, the faster the understanding of modern educational technology theories and methods. In addition, the higher the degree of education, the more years of modern educational technology teaching, and the deeper understanding of modern educational technology, Therefore, they are more skilled in applying modern educational technology. It may be that in recent years, colleges and universities have actively improved their teaching models to meet the needs of higher education reform. As the key force of teaching reform, associate professors and teachers with professional titles of professors are actively applying the latest modern educational technology means and conducting relevant research. Therefore, their proficiency in the three modern educational technology means of smart phone terminal learning, Muke platform and computer simulation teaching is relatively high. Therefore, excellent teaching courseware plays a key role in deepening the reform of classroom teaching, improving teaching quality faster and comprehensively improving the quality of students.

Teachers in the new era should master the methods of making modern educational technology courseware. Most teachers need to make their own courseware, which invisibly increases the workload of teachers, which may be related to the imperfection of teaching resources in colleges and universities. Let's take sports as an example. When we don't obey the rules when doing sports, it will destroy the order and make the game impossible. If the action is rough, it will hurt others and have many consequences. At the same time, college students are in adolescence, and they are full of longing for life. However, when they enter the university and are not disciplined by their families, their minds will be more relaxed. Some college students are in love, so when they take the course of human movement science, they should infiltrate some educational knowledge about sex, help them get out of the budding period of youth, adhere to sexual moral education, and let college students be good young people with moral socialism. This can not only promote the effective implementation of relevant teaching objectives, but also strengthen students' health quality and ability.

4. Conclusions

To sum up, strengthening the integration of human movement science and health education can not only improve the richness of relevant teaching content, effectively stimulate students' interest in learning, but also improve the integrity of relevant teaching system and effectively improve the quality of teaching activities, which has a very positive role in the realization of relevant teaching

objectives of the school. The organic combination of sports science and health education is a good opportunity for people to exercise. However, in the specific implementation, it still needs to rely on conventional sports. We guarantee our healthy body in sports to meet the needs of social development. In addition, this is also a major change in the development of sports and health education, which can promote contemporary people to live in a healthy state. Teachers of human movement science courses in national physical education colleges are interested in modern educational technology teaching, realize the necessity of applying modern educational technology teaching, and generally use modern educational technology in teaching, but there are some problems, such as low understanding of modern educational ideas, theories and methods, and simple application of modern educational technology.

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