

Based on the pathway of physical and medical integration in medical schools under the background of healthy China

Changfang Wang*

Hubei College of Chinese Medicine, Jingzhou, 434020, Hubei, China

**Corresponding author*

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Abstract: In the context of healthy China, the teaching model of physical and medical integration is studied, the departments in China must vigorously promote the reform of the medical system and mechanism, and hospitals also need improve the level of medical services, putting forward higher requirements for the current medical staff. Cultivating high-end compound medical talents in the current society has become an urgent requirement of hospitals. The goal of teaching and training should be to cultivate practical, high-end and high-quality talents in the medical school of higher learning. By learning sports health care knowledge to apply it to the field of medical practice, and adding medical technology, medical diagnosis and treatment methods to do a good job in the diagnosis and treatment of diseases and physical rehabilitation of patients, so that the physical education of medical schools can improve the physical skills of medical students in an all-round way, and also make it a method of medical students who have education, achieving the goal of combining sports and medicine. This article focuses on the teaching mode of physical and medical integration as the key content of research, optimizes the design of the teaching curriculum system of medical majors, vigorously promotes the implementation of the teaching mode of physical and medical integration, and lays a solid foundation for cultivating more professional and complex medical talents.

1. Introduction

The Healthy China 2030 Plan Outline issued by the Chinese government department clearly pointed out that it is necessary to improve the ideological awareness of disease prevention for the whole people through the national health method, take disease prevention as the main path, guide residents to develop a healthy lifestyle, comprehensively enhance the integration of physical medicine and the use of non-medical intervention methods, so that sports can prevent people's diseases, maintain people's healthy body and mind, and vigorously promote the development of mass health education and sports activities. Only when the masses have a stronger physique can they meet the needs of daily life, create better social value, better serve the society, and the teaching mode of physical and medical integration is the development direction of the current school medical teaching

reform. At present, the medical school is facing more teaching challenges under the new teaching form, and the traditional teaching mode of physical education courses in the past cannot meet the requirements of modern high-end and high-quality talent training. After the reform, the teaching of physical education courses also contains a variety of diversified contents, including the learning of sports skills of the masses, improving students' comprehensive physical fitness, and expounding the corresponding knowledge of disease prevention sports and physical injury prevention.

2. Overview of Physical and Medical Integration

2.1 The Meaning of Physical and Medical Integration

For the basic concept of physical and medical integration, the dimensions of research are different, but there are also similarities, that is, by using scientific exercise methods, coupled with medical knowledge, significantly play the positive role of sports on health, exercise people's physique, to achieve the basic goal of disease prevention. Physical and medical integration is to combine sports and medical treatment, use physical exercise methods to prevent diseases, and apply medical technology to people's physical health, fitness, disease prevention, disease, diagnosis and treatment and rehabilitation and other processes.

2.2 The Goal of Physical and Medical Integrating in Medical Schools

Physical and medical integration is to use the integration of physical education and medical teaching to cultivate medical school talents and form a new model, of which sports is mainly through people's own physical exercise methods, skill exercise methods, and then achieve the exercise of people's bodies, so that people's bodies are developing in the direction of health. Medical methods use medical equipment and technology to treat patients' diseases and restore patients' health. Medical treatment and sports are both in order to achieve the purpose of patient health, the School of Medicine adopts the integration of physical medicine solutions, focuses on cultivating high-end and high-quality medical talents, takes it as the goal of teaching, and clearly establishes the leading direction of teaching with medicine. As an intervention auxiliary teaching, physical activity integrates medical and sports knowledge, and vigorously integrates physical exercise in the current hospital health maintenance, medical and other related positions, and cultivates all-round comprehensive talents ^[1].

3. The Necessity Analysis of Physical and Medical Integrating Teaching Model Adopted in the Physical Education Course of the Higher Medical College

3.1 It is Conducive to the Cultivation of Compound Talents in Medical Schools

The goal of training compound talents is to meet the needs of the current social development, medical talents should have the ability to treat diseases, and at the same time have stronger physical fitness, which can guide others to prevent diseases and improve the health level of patients. Sports medicine will play a key role in the diagnosis and treatment of diseases in the future and the prevention of chronic diseases. Medical staff and students alike should recognize the interaction between sports and medicine, and recognize the key role of medical care in the future of disease treatment and prevention. The School of Medicine should be used as an important carrier for the current training of medical talents to ensure that students can improve their awareness of physical education during school, and then inspire students, stimulate students' self-awareness of fitness thinking, systematically learn sports medical knowledge and sports knowledge, master the key impact of physical exercise in preventing diseases, and bring a wider range of channels for students'

employment direction.

3.2 Physical and Medical Integrating is the Development Path of Teaching Reform of Higher Medical Schools

Medicine and sports are divided into different disciplines, but these two disciplines have a combined foundation, both disciplines are human body science, are to human movement as a specific research object, the opening of physical and medical integration courses, there is physiology and health care and its rehabilitation, medical nutrition assessment knowledge, modern medicine has put disease prevention and treatment, drug treatment in a prominent position, physical and medical integration has become a key means of clinical treatment, in the medical school to train more high-end high-quality talents. The medical school has become a place for training medical talents, and the link between sports and medicine cannot be ignored. In the school physical education course, teachers will explain a large number of medical professional course knowledge, students through the study of basic physical education courses to ensure their physical exercise activities more scientific, give play to their strengths, broaden the professional knowledge of students, obtain their knowledge more comprehensive, master the integration of sports and people's knowledge, combined with medical school students as professional characteristics, according to the specific situation to develop more practical physical education courses. When teaching in the physical education classroom, academics permeate the content of medical knowledge.

3.3 The Physical and Medical Integrating is the Foundation for the Establishment of the Public Service Model

The establishment of a new social public health service system is an important component of modern health, the orderly construction of a new medical service model, is the symbol of the healthy operation of modern society, composed of public health service units and sports units, both of which will bear important responsibilities for the development of public health in the future, and the two belong to different types of disciplines at the practical level, resulting in poor communication. The public health service system is a system established based on the current idea of general health development. In multiple dimensions such as information technology hardware, the sharing of information resources is realized, and then the physical fitness monitoring is strengthened, exercise guidance is done, and it is used at the level of health services. Health service personnel can use human skills information analysis methods and guide health movement activities, and physical and medical integration has become a new direction of the current public service model ^[2].

4. Research on the Application Strategy of the Teaching Mode of Physical and Medical Integration in Higher Medical Colleges

4.1 Increase the Ideological Understanding of Physical and Medical Integration

In the teaching model of physical and medical integration adopted in the medical school, school teachers should also strengthen the in-depth analysis and research of this model, and correctly understand the functional role of physical and medical integration teaching, so as to increase the promotion of teaching reform, change its teaching ideology and concept, optimize the practical teaching program, and at the same time formulate reasonable teaching investigation content and design teaching goals, so as to serve the cultivation of school compound talents. Therefore, the reform of the teaching mode of physical and medical integration needs to set the corresponding course teaching content according to the professional characteristics of current medical school students, and

to carry out course teaching, so that students can know that although sports and medical treatment are different disciplines, they all have a common goal, that is, to promote people's health, therefore, medical workers should fully analyse the impact of sports on health, and the role and value of sports in medical diagnosis and treatment. By making use of the knowledge and thinking methods in various disciplines, people's bodies can be exercised, the basic goal of improving people's physical quality can be achieved, and the combination of sports and medical treatment can be vigorously promoted [3].

4.2 Establish a Teaching Model that Integrates Physical and Medical

The teaching method of the integration of medical teaching system and sports needs to build a teaching model after the school determines the teaching objectives, focus on training students' medical and sports ability, gradually master medical knowledge and sports knowledge, corresponding medical operation methods, means and technologies, and apply the content of this model to practice to optimize and improve the course teaching program. Combining the theoretical knowledge points of the course with the practical courses, the theoretical courses are used to build a medical and physical and medical integration knowledge framework for students, and the practical course methods are used to exercise students' sports skills and cultivate students' physical fitness, while allowing students to truly understand the essentials of physical and medical integration in sports, exercise and cultivate students' physical and medical integration skills and comprehensive ability and quality, realize the implementation of teaching goals in the teaching mode, optimize and improve the teaching content of the course, and realize the innovation of the teaching process.

4.3 Continuously Improve the Comprehensive Ability and Quality of Teachers

The implementation of physical and medical integration teaching model puts forward higher ability requirements for existing teachers, and teachers must also have a diversified knowledge structure to meet the requirements of current curriculum teaching. Teachers should have higher quality and innovative teaching ability, teachers should master the existing medical teaching knowledge, and at the same time master the knowledge of sports health care. With the integration of information technology, under the current information society, medical school teachers should improve their teaching ability, enrich their course teaching knowledge, optimize and adjust their course teaching mode, improve their course knowledge structure, and master more solid professional knowledge. Physical and medical integration teaching method, requires teachers to skilfully apply sports and medical knowledge, skilfully apply knowledge to practice, and summarize experience during practical teaching, and improve the flexible use of their knowledge. Only the better application of knowledge, will achieve the set classroom teaching goals, to achieve the basic purpose of classroom innovation, in the field of practice, to innovate to discover its laws, establish a new scientific knowledge framework, so as to break the tradition, form new ideas, new methods, form a physical and medical integration teaching mode.

5. Conclusions

The physical and medical integration teaching method adopted in the medical course of the school of medicine can meet the hospital's requirements for talent development. In the current new era of development, the talent training students of the medical school meet the requirements of the development strategy of Great Health China, and the current physical and medical integration teaching mode is still in the exploration stage and in the process of continuous improvement. Sports serve the public, and for the healthy development of ideas and concepts, it will promote school teaching workers to vigorously innovate the teaching practice path of physical and medical integration.

At present, the goal of the higher medical college is to train more compound medical talents for the hospital. With the rapid development of social economy, the public's awareness of health is gradually improving, and the focus of medical staff has changed from saving lives and helping the wounded in the past to mass health guidance, and shifting the focus of staff to health guidance, which also puts forward higher requirements for existing medical staff. Medical workers should master more solid medical knowledge during their school studies, and at the same time have better physical fitness, master more rich sports work skills, and also master the knowledge of physical health care.

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