

# Study on the Connotation, Mode and Path of Physical and Medical Fusion

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**Abstract:** The implementation of the new strategy of health China in China is the main focus of medical and medical integration with the wide attention and discussion by the society and the acceleration of the integration progress of medical and health undertakings. The study believes that the concept of physical and medical integration is based on the current shortcomings in the medical and health field in China. By advocating the combination of comprehensive fitness and the current medical technology, it can make up for the shortcomings in the current medical undertakings and ensure national health. Under the grand strategic goal of the integration of sports and medicine, how to make the integrated new system play the expected effect is the main problem faced in the process of the integrated development of sports and medicine. This paper discusses the connotation, mode and development path of physical and medical integration for reference.

**Keywords:** Body And Medical Integration; Connotation; Mode; Path Research

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## Preface

Since the implementation of China's reform and opening up policy, the medical industry has achieved continuous development and progress, the national health has been important guaranteed, the overall health level has been comprehensively improved, and the pursuit of China's medical industry for China's health is also continuously deepening. The integration of sports and medical and health care is a new concept put forward by the current medical industry, aiming to improve the quality of national health services for China, and to realize the national pursuit and goal of health in an all-round way.

## 1. The concept and connotation of physical and medical integration

### 1.1 Relevant concepts of physical and medical integration

The specific concept of physical and medical integration is still in the stage of development and research. Integrating the opinions proposed by many experts, the broad concept means the exercise means generated by the combination of sports fitness and medical means; at the macro level refers to the combination of physical health care, effectively improve the national health level and achieve the great goal of health power. Through the use of kinematics knowledge, health care awareness, evaluating exercise risks and real-time monitoring of health conditions and other means, physical and medical integration has put forward scientific and reasonable suggestions and pre-evaluation on the first, middle and late health strengthening, so that the exercise effect can be improved. The concept of physical and medical integration is through the high integration of fitness exercise, and then improves the new concept of fitness and medical undertakings<sup>[1]</sup>.

### 1.2 Connotation of physical and medical integration

The integration of sports and medical undertakings is not simply the merger of two fields, but can be defined as the promotion of medical development through physical health care, and scientific and green exercise to improve the overall health level of the nation. Exercise and fitness is a necessary way to achieve physical health, and medical treatment is the main means to ensure human health. Health sports expression form is rich and diverse, its own characteristics, specific how to use should be according to personal characteristics. The integration of sports and medicine is a key revolution in the innovation and development of the sports field of sports. It is an important way to comprehensively improve the level of national fitness to fully understand the importance of fitness activities to physical health<sup>[2]</sup>.

## 2. Research on the integrated development path of physical and medical treatment

### 2.1 Vigorously cultivate compound talents in physical and medical integration

In the process of developing the integration of sports and medical institutions, we should vigorously cultivate relevant compound talents, so that the overall work progress of sports and medical integration should not be affected due to the lack of relevant talents when the work is conducted. Medical colleges and sports colleges are the primary focus. Through the training and exploration of

talents in universities, the related work of sports and medical integration can be guaranteed by talents when developing. The concept of talent training should also keep pace with The Times, break the tradition, realize the intersection of knowledge between various disciplines, build a discipline system containing medical treatment, health care, health care, health care and other knowledge, give birth to top talents with high ability and high quality, so that the advantages between medicine and sports can complement each other<sup>[3]</sup>.

In view of the difficulty that universities cultivate the number of top compound talents cannot meet the actual market demand, if the physical and medical integration wants to introduce high-end talents, it is necessary to expand the way to introduce talents and cultivate talents. Through the relevant qualification certification, attract people from all walks of life to actively participate in the cause of physical and medical integration, and adjust the salary and welfare of the staff to a certain extent, so that the personnel engaged in relevant work have a certain sense of honor.

Constructing a good fitness environment and atmosphere can comprehensively improve people's health, train and popularize the relevant knowledge of sports and health care to medical personnel in various communities, and reflect the importance of medical personnel in the development process of physical and medical integration to the greatest extent<sup>[4]</sup>.

## **2.2 Explore the effective mode of physical and medical combination in various aspects**

The current sports exercise mode in China is relatively single, and the capital investment is insufficient. Should actively encourage and support the national fitness activities, joint investment and special operation, let the government give full play to the macro adjustment role, through the formulation of corresponding preferential measures and policies to guide, approve individuals or enterprises with different nature of entity to participate in the physical integration, mobilize the enthusiasm to participate in fitness activities, risk responsibility, reflect the talent value, promote the development of fitness service industry. In addition, boldly attempt the mode of outsourcing services, and use the way of bidding and bidding, qualification certification to effectively implement and practice the development of physical and medical integration mode.

At the government level, it should formulate corresponding policies for the healthy development of the people according to the actual situation and development characteristics of the market economy, so as to promote the model planning and construction of the integration of sports and medical care. At the same time, in order to achieve the grand strategic goal of a health country as soon as possible, give full play to the characteristics of health services in social welfare, and solve the practical problem of insufficient financial strength of small enterprises, the relevant government departments are also a good way to effectively solve the problem through partial purchase or government investment. By using the public funds of sports lottery to purchase certain services, we will ensure that the sports and medical integration mode can be sustainable and meet the different needs of different groups for fitness methods<sup>[5]</sup>.

## **2.3 Deepen ties between all departments and jointly cooperate with development**

Through macro guidance, the government builds a multi-platform and harmonious development mode to realize the development and construction of physical and medical integration. The health concept of the integration of sports and medicine and the integration of medical undertakings and the sports field are popularized to maximize the use of the current resources. Sports service units and medical and health units in the community conduct in-depth learning from each other, realize the knowledge penetration of sports and medical industries, effectively promote the integration of sports and medicine, and then better integrate the concept of sports and medical integration into people's lives and meet the pursuit of health.

## **3. Conclusion**

To sum up, vigorously promoting the integration of physical and medical care is conducive to our national health, and can lay a foundation for realizing the great strategic goal of a healthy China. At present, the integration of physical and medical care is still a new concept, which is in the stage of research and exploration, and a complete integration system can not be formed. It is still difficult in the current development environment of sports and medical integration. Relevant personnel should actively change at the ideological level and develop a new management strategy. With the strong support of the corresponding policies, they will surely accelerate the realization of the plan of sports and medical integration in China and escort the national health.

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