

From “Combination of Physical Medicine” to “Integration of Physical Medicine” : New Reform of Physical Health Course in Colleges and Universities

Xiaojie Song

Jilin International Studies University; Changchun, Jilin, 130117, China.

Abstract: Under the background of deepening the transformation from “physical medicine integration” to “physical medicine integration”, sports and medical care are more closely combined. The curriculum of physical education and health care in colleges and universities needs to adapt to the background of “integration of physical education and medicine”. The teaching mode of physical education and health care must be changed, and the integration of physical education and medicine must be integrated into the physical education and health care course in colleges and universities. Physical health teachers help students to develop personalized teaching mode, so that students can recover their health faster. Improve the scientific and effective teaching of health care courses in colleges and universities, cultivate students’ active life style, and enable students to master the principles and methods of health care and fitness.

Keywords: Combination of physical education and medicine; Physical and medical integration; Health education; Change the path

Fund Project: This paper is the periodical achievement of the key project of jilin Provincial Education Science Research Leading Group and provincial education Science “13th Five-Year plan” : “Research on the Promotion path of physical health of College Students by” Combining Physical health and medicine “under the background of Health China”, project number: ZD19001.

Preface

“Integration of physical medicine” to “Integration of physical medicine” is essentially a national policy in response to the “Healthy China 2030” plan outline issued by The State Council and the CPC Central Committee. From the “combination of physical medicine” into the new era of “integration of physical medicine”, it is no longer simply a collection of sports medicine, health sports science, rehabilitation medicine, medical nutrition, health assessment, exercise prescription and many other knowledge. Sports and medicine are combined and complementary to each other. It is the integration of sports and medical treatment in sports science, public health, clinical medicine and other fields. “Seeing medical treatment from sports, reunderstanding the essence of disease; Rediscover the functional value of sports from the perspective of medical treatment “. Since the 19th CPC National Congress, the CPC Central Committee with Comrade Xi Jinping as the core has continued to adhere to the “people-oriented” and “people-oriented” governance philosophy. The “people-oriented” thought of the new generation has also given new meaning to education. The Outline of Teaching Guidance for Physical Education Courses in National Regular Institutions of Higher Learning requires that physical education courses focusing on rehabilitation and health care should be offered to students of some special groups, such as physical abnormalities, diseases, disabilities, inabilities and some elderly students. This fully reflects the “people-oriented, according to their aptitude to teach” education concept.

1. Dimension of concept connotation

1.1 Harmony medical

“Combination of physical medicine” is the combination of sports and medicine, is the combination of sports medicine, health care sports, rehabilitation medicine, medical nutrition, health assessment, exercise prescription and many other disciplines, to achieve mutual complement and penetration promotion! “Combination of sports and medicine” is aimed at a wide range, whether it is disease, sub-health people, or healthy people, while carrying out sports intervention, medical judgment, supervision 1.2 Physical and medical integration

The predecessor of the concept of “sports and medicine integration” is the combination of sports and medicine, which is two objects connected together. From the literal understanding is the combination of sports and medical treatment. Build the mode of linkage management mechanism of “combination of sports and medicine”, advocate that medicine and sports are no longer separated. Some scholars believe that “integration of physical education and medicine” is the intersection and integration of sports and medical

treatment, and its purpose is in the field of disease prevention and treatment, physical enhancement, monitoring and maintenance and other health services. “Integration of physical education and medicine” is a process of merging two mature theoretical systems of sports and medical care into a new system. The formation of the new system must be generated by the integration of their respective characteristics. It is manifested in the integration of sports technology and medical technology, sports idea and medical idea, sports strategy and medical strategy, sports value and medical value, sports resources and medical resources.

1.3 Physical health courses

The outline of Teaching Guidance for Physical Education in National Colleges and Universities explains health care courses as: “Health care courses are compulsory or optional courses for individual students with physical abnormalities and infirm diseases, which are targeted to organize physical education for rehabilitation and health care.” This concept is most widely used in the field of physical education and has been accepted by the majority of people. The course of health care is based on the knowledge of physical science such as exercise physiology, sports medicine and rehabilitation medicine, and combines traditional Chinese health keeping methods with western sports therapy as a means of rehabilitation, so as to achieve the purpose of adaptive physical education.

2. Retarding factors of physical health course in colleges and universities

The National Education Conference stressed that we should establish the education concept of “health first” and open all physical education classes. At the same time, it is stipulated that physical education courses focusing on rehabilitation and health care should be offered to some students of special groups such as abnormal body, disease, disability, weakness and individual advanced age. From the top-level design clearly put forward, sick and disabled students and ordinary students, have equal right to participate in all kinds of PHYSICAL education teaching. But for a long time, the cognition of physical health course in the educational circle is always in the state of generalization and disorder. The basic reason lies in the biological and utilitarian tendency of physical education curriculum value cognition. This biological tendency is the neglect of the sick and disabled groups by the subjects of teaching practice. This neglect does not come from reinforcement, but from primacy. This utilitarian tendency makes the physical education and health care courses in colleges and universities remain at the level of policy support and theoretical research as a whole, and produce certain negative hysteresis to the dependence of positive factors on road release.^[1]

3. Reform principle of physical health course in colleges and universities

3.1 The principle of caring

The value orientation of school physical education curriculum in China has experienced several development stages of “serving the socialist country”, “enhancing physical fitness”, “health first” and “student-oriented”. Under the guidance of the ultimate goal, “whole person” education and inclusive education have become the mainstream pursuit of quality education. The essence of education is the process of human’s continuous pursuit of ideals and the realization of sound personality. Special student groups, not only in the physical, in the psychological is also weak, poor psychological tolerance, fear of strange eyes, easy to produce psychological suggestion and self-label, negative resistance, in such a passive situation, psychological care should become the primary task of teaching. This kind of care is manifested in creating a “harmonious” comfortable learning and living environment

3.2 The principle of universality
Adaptive physical education is a specialized discipline developed for different types of special groups. The particularity and complexity of student groups also determine the diversity of course content. A single content is difficult to meet the requirements of general education for all-round development of people and adaptive physical education for balanced development of knowledge, emotion and skills of special students. Humanistic curriculum theory emphasizes that the selection of content should focus on the needs of the student group, which should be influenced by the commonness and guided by the individuality. It is not only related to learning and life, but also related to social life experience and growth environment. This requires that there should be cohesion and coherence between teaching contents, and attention should be paid to the integrity and richness of teaching. In the selection of content, attention should be paid to the sports ability, sports characteristics and individual differences of all kinds of people. In the process of knowledge integration, the content is classified and the implementation effect is fed back so that students can grow freely and naturally through diversified choices.

4. Reform path of physical health course in colleges and universities

4.1 Scientific selection of teaching content

At present, sports health class, extracurricular sports activities, sports competition training and other organizational forms become an important way to meet the physical needs of the sick and disabled students. Therefore, the organization form of physical education health care curriculum should be selected as the main content of teaching practice, which includes various sports, low activity intensity and formal competition rules. For example, chess and cards, taijiquan, taiji sword, health qigong, table tennis, soft volleyball and other sports can not only edify the sick and disabled students’ sports sentiment, but also hone their will quality, but also cultivate the spirit of unity and cooperation. At the same time, it is necessary to compile the physical health teaching materials suitable for the sick and disabled students, and choose the medium that is easy to accept, convenient and fast to carry out the course teaching.

4.2 Strengthen psychological counseling

Psychological counseling for students with physical defects is also necessary in every class. Teachers teach them to realize their own advantages and also tell them how to deal with their bad emotions. The most important thing is how to help them build up confidence. Let them into the sports activities, in this process, give full play to their own advantages, let them understand that everyone has their own strengths and weaknesses, but these have nothing to do with their physical disability, the important thing you must learn to identify with yourself. Open your heart to the people around you and build great relationships.^[2]

4.3 Construct group cooperative teaching mechanism

All health care students were included in a large group, and then divided into several learning groups according to the types of cases. Each group member completed the teaching requirements according to the prescribed tasks and goals, with the help of teachers. In this mode, learners and mentors, learners and learners communicate and cooperate with each other around the learning theme, learn knowledge together and share knowledge, which is easier to arouse learning interest and return to the educational essence of individualized teaching. This pattern but also an important guarantee of implementing multiple teaching, need to make preparations for a large number of professional teacher, by WeChat group, QQ group, such as network platform, will be recorded before class teaching online video sharing platform, students use mobile terminal can be real-time dynamic attention to the classroom teaching, integrate fragments of time, realize the classroom, improve the learning efficiency, Health care, health lectures and other content can also be pushed to improve exercise behavior and awareness.

4.4 Realize the integration of online and offline teaching

Online hybrid teaching mode based on behaviorism and constructivism learning theory as the instruction, with the help of the modern education technology, Internet technology and information technology and other technology to optimize the teaching resources organization, integration, present and applied, the traditional face-to-face classroom teaching, practice speaking teaching and online teaching depth fusion, to seek the two complementary advantages, In order to achieve the best teaching efficiency and effect of a teaching method. Online and offline hybrid teaching mainly includes online teaching, live video recording, teaching interaction, curriculum on demand, teaching management and other functions. It can quickly build online education platform and carry out online teaching to meet teachers' needs for online education platform. Students are the main body of teaching work, teaching activities should be carried out with students as the center, and students naturally become the main participants of blended teaching. Teaching needs to provide support for students from all aspects, fully mobilize students to participate in the reform of blended teaching, and carry out the initiative and enthusiasm of blended learning. The combination of network teaching and off-line teaching can not only reflect students' dominant position, but also give play to teachers' leading role.

5. Conclusion

The physical education and health care curriculum in colleges and universities can not only promote the development of physical education, but also enrich the physical education resources and promote the healthy and comprehensive development of students. Schools should pay attention to the teaching quality and development of physical education and health care courses, and invest more funds to improve the medical facilities of health care courses. In addition, schools should arrange more professional teachers to teach physical health courses. It should also be noted that in the process of teaching, teachers should pay attention to the physical and psychological changes of students, so as to constantly adjust the classroom teaching methods. This can not only improve the efficiency of classroom teaching, but also promote the healthy and comprehensive development of students.

References:

- [1] Zhang Benchun. Research on teaching Status and Countermeasures of Physical Education health Course in Ordinary Colleges and Universities [J]. Journal of Chengdu University of Physical Education, 2017, 33 (1) :115-117
- [2] Wu Yandan. Theory and Practice of adaptive PHYSICAL Education Curriculum from the perspective of life care [J]. Sports Science, 2017, (16) 11: 83-96.