

# ***Research on the Construction of Young Children's Physical Education Model under the Concept of "Integration of Physical Education and Medical Care"***

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**Abstract:** In response to the concept of "integration of physical education and medical care", this paper summarizes the beneficial effects of the integration of physical education and medical care on children's development, analyzes the problems existing in the current children's physical education model and puts forward preliminary suggestions.

## **1. Introduction**

In recent years, China has made remarkable achievements in the health field, and the physical health level of urban citizens has been continuously improved. However, due to the intensified aging of population and the change of fast-paced lifestyle, the health of human has been affected, so we need to take effective methods to create a good environment for the healthy development of our citizens. In addition, since the establishment and implementation of the "Healthy China" strategy, the idea of "integration of physical education and medical care" has been unanimously recognized by the government and the people, and the media from all walks of life also have paid extensive attention to this policy. Many policies issued by our state also emphasize that we need to actively promote the in-depth integration of physical education and medical care, give play to the excellent role of physical exercise in human health, and promote the formation of the health and disease management mode under the integration of physical education and medical care, thus driving more new forms that suitable for the healthy development of residents.

## **2. Basic efficiency of children's physical education**

Physical education is accompanied by people's daily life, and it has a key impact on people's growth and development, especially in the early childhood, which determines whether a person can grow up healthily. The physical quality in the early childhood can well represent a person's physical condition throughout his life. The results of the national physique survey show that the first three years after a person's birth are the fastest development period of various body functions. When it comes to early childhood, the child would grow very fast, but the various body functions are stable. Strengthening the physical education in early childhood can not only promote the healthy growth but also contribute to the psychological growth of children.

## **2.1. Effect of young children's physical education on their physical health**

For most young children, taking part in more sports activities can promote their normal growth of cardio-pulmonary function and skeletal muscles, so as to effectively prevent the diseases. Appropriate sports can strengthen the bones and promote the growth of height. Increasing the strength and endurance of young children's muscles can also promote blood circulation, speed up metabolism and gradually strengthen the contractility of the heart. Furthermore, fitness exercise can promote gastrointestinal motility and improve digestion, thereby promoting the appetite, absorbing more nutrients and keeping children away from the disease.

## **2.2. Effect of young children's physical education on their psychology**

The educator, Piaget pointed out that the wisdom comes from sports, and the psychological development of young children is the earliest stage of the life development, this stage develops very fast. According to the survey of the education department in China, most young children and primary school students have certain psychological problems, so it is very important to pay attention to young children's psychological health. First of all, encouraging young children to participate in more physical education activities can promote the development of perception, thereby improving children's interest in the learning process. It is conducive to develop children's intelligence quotient and emotional quotient, develop children's hands-on ability and observation ability, improve their thinking, analysis, innovation and other capabilities, and the most important is that the memory ability can be greatly improved; It is conducive to exercise the children's volitional quality, enhance their self-confidence, never give up easily in the face of difficulties and dare to fight; It is conducive to improve the young children's interpersonal communication ability, promote their language and expression ability, so that they can have good sociability when they grow up; It also helps children to form a good personality quality, makes the children more active, careful and decisive, so as to improve their independent ability.

## **3. Effect of young children's physical education on Society**

The healthy development of young children is one of the important signs of social progress. Young children's active participation in physical education activities can relieve the pressure of many aspects, such as family and social security. First of all, it can reduce the pressure of "difficulty of getting medical service" and family economic conditions, because participating in fitness activities can reduce the occurrence of disease. Children's active participation in physical education activities can help to cultivate children's pros-social behavior and cultivate children's sense of responsibility, it also conducive to establish the mutual help relationship with classmates and lay a solid foundation for small groups and future social activities. At the same time, children's participation in the physical education activities is also conducive to the social and economic growth, thus improving the residents' life quality and strengthening the spiritual life.

Young children's participation in physical education activities not only has a positive guiding effect on their own physiology and psychological development, but also has a certain promoting effect on social progress and economic development. Therefore, we should strongly support the construction of young children's physical education and provide strong support for children's health. At the same time, we also should actively respond to the call of "integration of physical education and medical care", and provide feasible methods and strategies for children's physical education on the basis of the integration of physical education and medical care.

## **4. Problems existing in children's physical education under the concept of integration of physical education and medical care**

### **4.1. Weak consciousness**

Schools and families in most areas are not aware of the importance of children's physical education for their children's growth and development, even in the areas with young children's physical education, parents and teachers only blindly carry out teaching and guidance work according to rules and regulations, they lack the in-depth discussion on the children's growth characteristics. Thereby, they cannot understand the genuine connotation and essence of children's physical education, and cannot build an appropriate fitness and education system for children in the local region.

### **4.2. Too simplistic education and teaching methods**

In most areas, because they lack the professional personnel to carry out education and training for young children, so the implemented physical education is not systematic, and they cannot formulate teaching plans and methods in line with the differences in different regions. In addition, most schools only pay attention to the study of students' culture courses, they cannot carry out and implement the all-round development of moral, intellectual, physical, aesthetics and labor education, thus it is easy to ignore the healthy development of students' body and psychology.

### **4.3. Lack of excellent faculty**

The schools have not formed a reasonable appointment standard for the selection of preschool teachers, which makes the average level of preschool teachers far lower than that of teachers in other semesters. This has led to a large proportion of female teachers in preschool education, which indirectly affects the normal psychological development of the boys. Moreover, without the guidance of professional physical education teachers, children cannot carry out reasonable physical education, and the concept of integrating physical education with medical care is even unlikely to be implemented.

## **5. Strategies to strengthen the establishment of children's physical education model under the concept of "integration of physical education and medical care"**

### **5.1. Respect children's "hyperactivity" nature and cultivate their interest in physical exercise**

Physical exercise in early childhood is the enlightenment of lifelong physical education. Genius is interest, if the children's interests can be well developed, they can certainly become genius. "Love to move" is the nature of children. They find the pleasure of life through constant movement. Games and sports not only can exercise children's body, promote the development of spirit, physique and other aspects, but also can develop their own innovation and creativity. However, most of the children's activities in the enlightenment period were conducted under the guidance of parents, so the parents play an important role in children's physical education activities. Therefore, when guiding children to carry out activities, parents should pay attention to adopting varied methods, increasing more physical education activities, exercising children's bones, and making children have interests in exercise and fitness. At the same time, in the process of exercise and fitness, parents should implement basic medical emergency measures to their children, integrate the physical education and medical care, and lay a good foundation for the future development.

## **5.2. Perfect family physical education**

Family physical education is a kind of group physical exercise activity that mainly takes home environment and surrounding environment as the main exercise ground and parents use their spare time to lead their children to participate in. Through these activities, they can enhance the emotional communication and exchange between family members, which is conducive to their mental and physical healthy development. At present, parents of most families in our country are only looking forward to their children becoming "dragon and phoenix among the people" as soon as possible, so they only pay attention to their study, but ignoring that a healthy state is the necessary condition for early success. Therefore, parents should change their perspectives as soon as possible. They should pay attention to the positive impact of physical education on children's growth, and improve family physical education activities. At the same time, parents should also lead their children to take part in outdoor activities and exercise the young children's interpersonal communication and expression ability. The most important thing is that parents should master the first aid medical knowledge and escort the children's physical education.

## **5.3. More attentions from school on children's physical education**

Correct guidance given by the school during young children's study period can cultivate children's love for physical education activities, thus effectively enhancing the children's awareness of life-long physical education. The modern concept of education believes that young children should start to cultivate their fitness awareness from pre-school age, and schools should set up reasonable physical education courses according to the physiological and psychological development of students in different ages.

## **5.4. Society's escort for children's physical education**

Young children are a part of the physical education and fitness, the society should attach great importance to their healthy development. First of all, the training of early childhood education and preschool education institutions should be improved. These two institutions should not only provide parents with appropriate early childhood education methods, but also popularize basic medical knowledge to parents, and train the children through the combination of medical care with children's physical education, so as to ensure the children's overall development. Secondly, schools and other educational institutions should carry out various forms of physical education activities, add medical care and public health knowledge to the physical education activities, and actively respond to the call of the integration of physical education and medical care, so that the young children can have a healthy and strong body.

## **6. Conclusion**

The healthy growth of young children is the hope of a family and the future of the country. Therefore, they need a favorable environment to study and grow up. In addition, the physical condition of children is a more important factor. Therefore, families, schools and society should actively promote the physical education activities of young children and explore the physical education model that is more in line with Chinese children under the call of the concept of "integration of physical education and medical care" in the country, so as to promote the popularization of the policy of " integration of physical education and medical care " and bring strong bodies to children.

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