

Integrated Development of Sports and Medical Treatment under the Background of Combination of Sports and Medicine

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Abstract: "Combination of sports and medicine" to "integration of sports and medical treatment" is to explore a road that integrates sports and medical care deeply, so as to conform to the strategy of "healthy China", combine sports and medical technology, and improve social citizenship, improve the health level and physical quality, reduce the consumption of medical resources, and ease the huge medical expenditure. This paper proposes a research on the integrated development of sports and medical treatment under the background of combination of sports and medicine. Mainly use literature and other methods to describe the current situation from "combination of sports and medicine" to "integration of sports and medical treatment" and analyze its connotation and characteristics; concept, strategy, value, and resource integration as the carrier; implement the talent training plan of "seeking common ground while reserving differences" to cultivate high-quality and high-level compound talents; implement "supply-side" transformation in services and resources, and balance the layout of regional sports and health resources. Implement a social participation mechanism and promote the construction of a demonstration area for the integration of sports and medical treatment in the region; in the management system, strengthen policy orientation, achieve the top-level design goal of "combining sports and medicine", and elevate it to "integration of sports and medical treatment".

1. Introduction

"Combination of sports and medicine" refers to the combination of sports and medical care. The United States, the United Kingdom, and Japan have developed earlier and faster in this regard [1]. The concept of the integration of sports and medicine was sprouted in the ancient national sports activities. In China's decades of accumulation and development, the "combination of sports and medicine" has made great progress [2]. Although a relatively independent theoretical system and system have been formed in theory, there is still a certain gap compared with the theoretical and actual development models of sports medicine in the United States, Britain and Japan. However, the current "integration of sports and medical treatment" is still in its infancy. It is only a simple conceptual bundling, and the forced integration in reality is not really integrated, resulting in slow and stagnant development [3]. The "combination of sports and medicine" advocates that sports replace medicine and restores people's health. The "combination of sports and medicine" has achieved good results in more than ten years of practice [4]. "Integration of sports and medicine treatment" has attracted widespread attention in today's sports theory circles, but at the same time, the two concepts of "integration of sports and medical treatment" have gradually attracted people's attention. After reading relevant news reports and academic articles, the author found that there are the differences between "combination of sports and medicine" and "integration of sports and medical treatment", which makes the overall point of view unbiased. The unclear relationship between "combination of sports and medicine" and "integration of sports and medical treatment" will mislead the public, hinder academic exchanges, and cause conflicts between sports and medicine in seeking the convergence of interests, thus affecting the process of construction. "Combination of sports and medicine" and "integration of sports and medical treatment" are a

construction method implemented by the country to meet the needs of the development of the sports and health service industry in the new era, and they are also practice models that implement them in specific fields. The concept definition and the connotation of the two are significantly different, and the two represent different directions of the development of "integration of sports and medical treatment".

2. Current status of "combination of sports and medicine"

The "combination of sports and medicine" has taken shape as early as the beginning of the founding of China, but due to the imperfection of the sports and health system at that time, the trend of this integration is not obvious [5]. With the enhancement of economic strength, the development of sports, the development of medicine, the integration of sports and medical treatment is inevitable. It combines the knowledge of sports medicine, health sports, rehabilitation medicine, medical nutrition, health assessment, exercise prescription and other disciplines to achieve mutual complementation, penetration and promotion [6]. The target population of "combination of sports and medicine" is very wide. Whether it is a disease, a sub-healthy population or a healthy population, exercise intervention can be carried out by means of medical judgment, supervision and evaluation. At present, the "combination of sports and medicine" presents three development stages:

- (1) The embryonic stage - "cooperation of physical and medical - separation of form and spirit";
- (2) Establishment stage - "combination of sports and medicine - both physical and spiritual";
- (3) Development stage - "Integration of sports and medical treatment—integration of body and spirit";

But these are not real integrations, they are all based on their own system interests, and no suitable meeting point has been found. The "combination of sports and medicine" pilot projects in developed regions such as Beijing and Shanghai have achieved initial results, but in underdeveloped and underdeveloped regions, the effect is not obvious, showing the imbalance of regional development. Under the current background of national health and healthy China, the "combination of sports and medicine" has not effectively solved the actual problems such as the decline of national physique and the spread of chronic diseases, nor can it meet the needs of people's health, and cannot achieve the goal of a healthy China [7].

3. The connotation and characteristics of "integration of sports and medical treatment"

With the implementation of the "healthy China" strategy in 2016, the connotation of health has become more profound, and the "integration of sports and medical treatment" has also shouldered a more important task. healthy China is not just an empty phrase, but also a major policy support for the combination of sports and medicine. Therefore, from the perspective of "healthy China", the integration of sports and medical treatment has deeper and richer connotations and characteristics. The combination of sports and medicine, its connotations include:

- (1) Based on the healthy development of human beings

From the perspective of "healthy China" and "public health", "integration of sports and medical treatment" is sports and medical sports based on meeting the needs of public health. The combination of the two makes sports more scientific and medical means more practical.

- (2) Regulatory functions to promote health care

The combination of sports and medicine is to apply medical physiology and biochemical indicators to sports, give full play to the role of medical supervision and guidance, and ensure the scientificity, safety and sustainability of sports activities. "Integration of sports and medical treatment" is an important part of promoting the function of health supervision, and it is the basis for realizing the transformation from national fitness to national scientific fitness [8].

- (3) The inevitable choice of reforming the sports and health system

With the development of society and economy, people's attention has been paid to health issues, and the reform of the medical system and the reform of the sports system has become inevitable [9]. The combination of sports and medicine is to combine the advantages of sports and medical

systems, avoid independence, and achieve resource sharing, complementary advantages, mutual penetration, and coordinated development. The combination of sports and medical care is an inevitable choice for the reform and development of sports and medical systems in the new era.

(4) Aiming to achieve the preventive effect of sports

"Integration of sports and medical treatment" must break through industrial barriers, and thoroughly implement the health "move forward" proposed in the outline, that is, to change "treatment of existing diseases" into "prevention of diseases before they occur", and highlight the important role of "prevention and treatment". Scientific physical activity plays an important role in prevention, treatment, rehabilitation and other health aspects, and plays a pivotal role in the health chain of prevention, treatment, and rehabilitation [10].

The characteristics of "integration of sports and medical treatment" are as follows:

From the perspective of healthy China, the "integration of sports and medical treatment" has special characteristics, which are mainly characterized by the interdependence, penetration and integration of "body in medicine" and "medicine in body", as shown in Table 1.

Table 1 Characteristics of "integration of sports and medical treatment".

Feature	Body medicine	Body in medicine
1	School sports: School sports are the basis for improving the physical quality of the people. Using scientific methods such as exercise physiology and sports biochemistry, it provides scientific and quantitative sports training for students to avoid injuries and improve exercise effects.	Disease prevention: It is better to prevent diseases than to cure them. It is impossible to do with medical skills alone. The medical system prevents diseases through proper physical exercise and exercise prescription.
2	Competitive sports: Competitions are characterized by competition. In order to obtain good sports performance, in addition to the support of sports science, the medical system must also provide sports injuries and emergency medicines.	Treatment of diseases: Chronic diseases such as diabetes, coronary heart disease and high blood pressure are emerging one after another. Physical exercise has a greater impact on exercise than drugs.
3	Mass sports: Mass sports is the most difficult link in national fitness activities. It can use the method of medical intervention to provide scientific guidance, physical fitness monitoring and medical supervision to the general public to promote scientific health of the general public.	Rehabilitation: Medical rehabilitation is to change a person's physical fitness from negative to zero, and sports can make a person from zero to positive, or higher.

4. Paths from "combination of sports and medicine" to "integration of sports and medical treatment"

4.1. Deepen the research on the theoretical system of "integration of sports and medical treatment"

The transition from "combination of sports and medicine" to "integration of sports and medical treatment" and finding a suitable and effective path is an important step to realize the integration of sports and medicine. It is necessary to discover problems in practice, sum up experience in problems, learn to reflect in experience, and learn and reflect in experience, so as to form a specific ideological system and accelerate theoretical construction.

"Integration of sports and medical treatment" is a brand-new system for the integration of sports and medical treatment. The formation of a new system must be the combination of sports and medical theories, the integration of sports and medical theories, and the integration of sports and medical treatment. "Five in one" provides a new theoretical basis for the integration of sports and medical treatment, as shown in Figure 1.

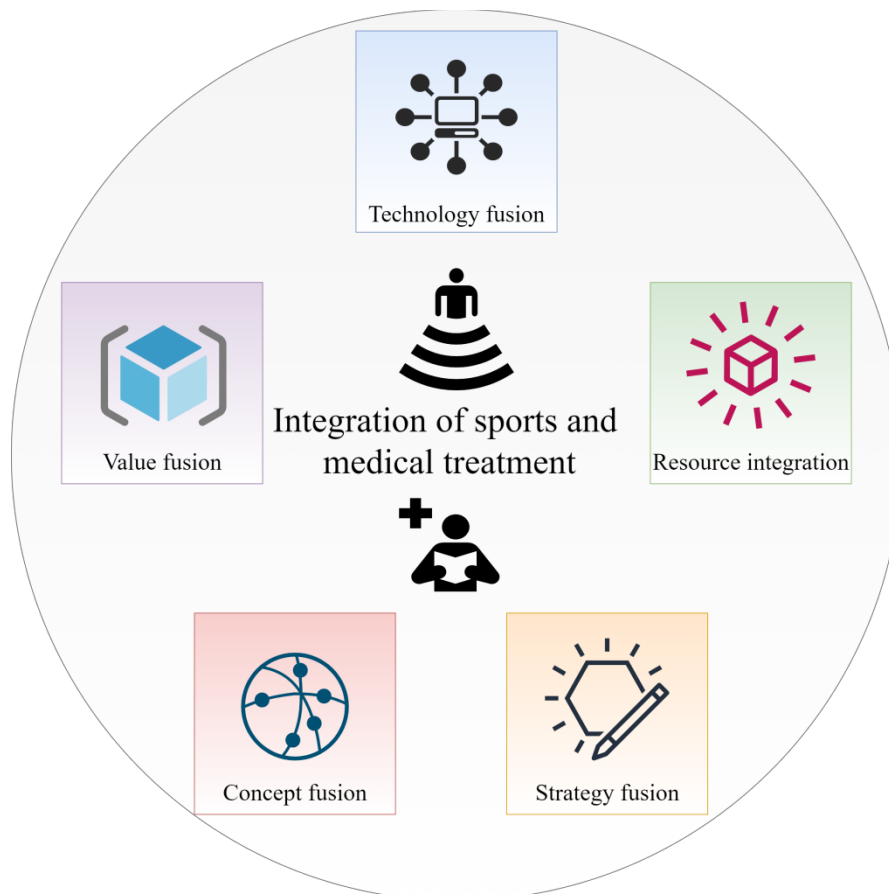


Figure 1 "Five-in-one" construction in the theoretical system of "the integration of sports and medical treatment".

4.2. Strengthen the construction and training of the "integration of sports and medical treatment" team

"Integration of sports and medical treatment" cannot meet the requirements of "integration of sports and medical treatment" for high-quality sports instructors in the training of talents. This is because "sports" and "medicine" cannot be both, only combine the two. How to form a better training plan requires the idea of "seeking common ground while reserving differences" to look at this issue. "Seeking common ground while shelving differences" is a materialist dialectical way of thinking, which has been well applied in all kinds of contradictions and differences.

In the talent training of "integration of sports and medical treatment", "tong" refers to combining the commonalities of sports and medical education to find the common points of the two. For example, the common goal of the two is to serve the public and devote themselves to the people, health and improve people's living standards. "Different" is to temporarily retain the personality of both sports and medical personnel training programs and discover their characteristics. In terms of versatility, we must "same", and we must connect their common points in their respective disciplines; in terms of personality, we must pursue "difference" and maintain the advantages of their respective majors, so that the two complement each other and be harmonious but different, in order to cultivate high-quality. The "sports medicine" comprehensive application talents provide a strong guarantee.

4.3. Accelerate the transformation of the supply model of "integration of sports and medical treatment"

From the perspective of the reform of the supply side of sports medical services, overall planning and administrative intervention should be carried out between the sports and medical departments to break down barriers and realize the interconnection between the sports and health departments. Realize a balanced allocation of regional sports and health resources, implement a social

participation mechanism, and realize the policy of "delegating control" for the deep integration and development of sports and medicine.

(1) In the process of in-depth integration and development of sports medicine, the policy of "delegating control" is implemented, with the government as the leading and the market as the leading. First, it is necessary to simplify administrative approval and open up the market. Secondly, to implement decentralization and change the management concept, the government should strengthen the supervision of process and results, and promote the development of "combination of sports and medicine" to "integration of sports and medical treatment" with the strong vitality of the market.

(2) Reasonably balance the allocation of regional sports and health resources, introduce the national concept of "integration of sports and medical treatment" demonstration areas, and gradually promote the establishment of demonstration areas for integrated sports and health care.

(3) Establish a system of social participation. The transformation from "combination of sports and medicine" to "integration of sports and medical treatment" to social participation is actually to involve sports, medical units, and people and organizations other than the government in the process of integrating sports and medical care.

4.4. Improve the supervision mechanism and strengthen policy support

A sound supervision mechanism is an important organizational guarantee for the development of "integration of sports and medical treatment", and an important guarantee for the realization of cooperation and integration in the fields of sports and medicine. A sound regulatory system must have a mature theoretical foundation, and a sound system requires the constant exploration and practice of scholars. The gathering of a large number of scholars is based on the call of national policies and strategies, so the root of a perfect supervision system is based on the guidance of national policies.

5. Conclusions

"Integration of sports and medical treatment" is a sublimation and improvement of "combination of sports and medicine". It is a major pillar under the healthy China 2030 development strategy, a new wind vane for the future development of the sports industry and the medical and health industry, and a promotion for the health of our people. A new way of healthy development is also an important measure to deal with the aging of the population and the prevention and treatment of chronic diseases. However, the relevant research theories are still insufficient, and there are a series of problems and obstacles. Regarding the future development of "integration of sports and medical treatment", it is necessary to further deepen the synergy and integration of "sports and medical treatment", speed up the construction of "integration of sports and medical treatment" infrastructure, and strengthen the formation of "integration of sports and medical treatment" teams and training, improve the supervision system, increase policy support, speed up the cooperation and integration of sports departments and medical and health departments, build a good communication platform, create multi-level cooperation opportunities, and jointly negotiate a favorable management mechanism; relevant government departments will provide financial support and guide policies to make society pay more attention to the combination of sports and medicine. The promotion and implementation of the integration of sports and medicine is to meet the health needs of the people and the construction of China. The integration of sports and medical treatment is the development of medical care and sports. It is still in a new stage of development, and it is still in the middle of the promotion method and implementation path. In the planning and exploration stage, a complete integrated model has not yet been formed. There are still many obstacles in the integration of sports and medical treatment. It is necessary to further change the concept, innovate the management system, strengthen policy support, and increase capital investment in order to achieve the goal of "healthy China".

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