The Construction and Practice of the Second Classroom Teaching Platform Based on the Series of Research on Healthy Elderly Care

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Abstract: Taking the health management discipline of Fujian Medical University as an example, this paper analyzes the characteristics of the second classroom teaching platform based on the series of research on health care for the elderly and the teaching results, and then summarizes the significance and innovation of the second classroom teaching platform, aiming to enhance the quality and efficiency of medical teaching and foster more professionals for the society.

1. Introduction

In the context of the coordinated progress of scientific research and education, health and elderly care have become two inseparable topics, and most medical schools regard them as key research topics and the direction of science and education progress[1]. In order to effectively enhance the quality and effect of medical teaching, provide clear occupational cognition and employment planning for medical graduates, and solve the problems of students' lack of practical ability and disconnection between scientific research and teaching, schools should take "healthy elderly care" as the theme, rely on information technology to build a science and education platform, and build a second course teaching platform, so as to enhance the teaching quality.

2. Features of the Second Classroom Teaching Platform

2.1 Basic Assessment Content

Based on the series of research on health care for the elderly, the primary task of building a second classroom teaching platform is to enhance the basic assessment content, which can be divided into the following three types of assessment. First, to assess student' patience in doing things, which is a crucial foundation and necessary condition for students to participate in scientific research activities. Teachers should, on the basis of ensuring students' personal safety, carry out a series of research and practice activities of "healthy elderly care", such as field practice in hospitals, health departments, grass-roots health institutions, etc., to serve the society, then make a comprehensive assessment of students' performance according to practice. Second, as a crucial part of scientific research activities, the input of questionnaires has high requirements for the staff's degree of care[2]. Therefore, based on the analysis of many years of teaching experience, although students can learn theoretical knowledge in the classroom and arm their own practical minds, if they are separated from practical activities for a long time, they will form stereotyped thinking, and thus reduce their practical skills. Therefore, teachers should help students consolidate their knowledge by carrying out practical drills, and limit time and double computer input, so as to exercise students' input ability. Finally, teachers should guide students to do a good job of literature reporting regularly to assess students' concentration. Teachers regularly organize students to develop literature reports in the second classroom platform, and guide them to share their own reading feelings and learning experiences in the reports. Through literature reports, students will enhance their understanding and grasp of the field of health care research[3].

2.2 Specific Practice Content

After the basic assessment, the students who pass can formally enter the second classroom platform. In this process, students need to complete certain learning tasks. First of all, students can independently form teams to participate in the annual college students' innovation and entrepreneurship competition, and establish a series of research topics of "healthy elderly care" through project approval. In addition, teachers should encourage students to independently develop special research in the "healthy elderly care" series. Second, every student entering the platform needs to complete the writing of academic articles, and publish at least one paper as the first or second identity under the requirements of hard indicators (completed before graduation)[4]. This can effectively inspire students' enthusiasm for learning. In this process, students' thesis topics should be as relevant as possible to the series of studies on "healthy elderly care". Finally, students can be organized to participate in various academic seminars, skill competitions, essay solicitation activities, etc., such as the National University Student Challenge Cup Academic Competition, the National University Student Innovation and Entrepreneurship Project Achievement Competition, and various academic conferences with the theme of "healthy elderly care". In this way, students can not only strengthen their professional ability and practice their level through skill competitions, but also broaden their learning horizon, learn from each other's strengths and make up for their own shortcomings, thus accumulating experience and laying a foundation for subsequent scientific research activities and future personal progress.

3. Teaching Achievements of the Second Classroom Teaching Platform

3.1 Gradually Form a Scientific Research Team with the Cooperation and Participation of Teachers and Students

The students assisted the teachers of the scientific research team to jointly write a series of books in the Guangming Social Science Library, including *Research on the Sustainable progress of Health Care under the New Medical Reform*, *Health Care Integration in China -- Appendix Research Report on the Progress of Health Care Integration*, and the *Complete System of Health Care Integration*. From 2014 to 2017, under the guidance of teachers, students carried out more than 10 college students' innovation and entrepreneurship training projects related to the "healthy elderly care" series research, including two at the provincial level and one at the national level. The students also published two monographs on the "healthy elderly care" series in their personal capacity, and one as the second author [5]. Students also participated in the survey and assisted teachers to publish a double collection paper of the "healthy elderly care" series. In recent years, *Analysis of Fujian Province's Elderly Care Health Service Demand and Influencing Factors*, and *Investigation and Research on the Supply and Demand Status of Fujian Province's Elderly Care Personnel Market* won the second prize, the third prize and the excellent prize in the Fujian Challenge Cup Undergraduate Academic Thesis Contest. Many papers and scientific research achievements were selected into the collection of papers of the 17-year gerontology and health industry conference and the collection of papers on filial piety culture and healthy elderly care. All the above are the achievements made by Fujian Medical University in building the second classroom platform based on the series of research on "healthy elderly care". This shows the significance and value of building the second classroom platform.

3.2 Continuously Enhance Teachers' Teaching Level and Scientific Research Ability

The construction of the second classroom teaching platform based on the series of research on health care for the elderly has also enhanced the subject level and teaching ability of teachers. From 2013 to 2018, the teachers in the scientific research team of Fujian Medical University obtained 8 provincial "healthy elderly care" projects, especially in 2019, they obtained the research projects on the construction of elderly care service system and the construction of health care industry platform issued by the government of Fujian Province. 30 papers on teaching reform have been published by teachers. Among them, teaching materials and books such as *Health Economics*, *Health*

Management Ability Training, and *Introduction to General Medicine*, which were compiled by members of the project team, have won 15 awards in various teaching material practice competitions, including one provincial award[6]. A teacher also made a speech on the topic of "healthy elderly care" at the Chinese Medical Academic Seminar. A teacher made a speech about "healthy elderly care service" at the international medical academic conference. Two teachers made three speeches on "healthy elderly care" case sharing and college student training system reform at relevant international academic conferences. From 2006 to now, the teachers of Fujian Medical University have obtained 15 research projects of "healthy elderly care". There are two teaching reform projects issued by the Education Department of Fujian Province, one educational planning project of the 11th Five-year Plan of Fujian Province, and one innovation and entrepreneurship project for college graduates.

4. Significance and Strategies of Constructing the Second Classroom Teaching Platform

4.1 Conform to the Trend of Education Progress and Enhance Students' Scientific Research Practice Ability

Currently, the education field is constantly deepening reform and advocating the combination of government, industry, education and research. The construction of the second classroom teaching platform can truly realize the combination of theory and practice, effectively enhance the extension of teaching, and promote the progress of the student training model in a diversified direction. This will not only enhance students' scientific research and practice ability, but also teach students in accordance with their aptitude and foster more innovative and high-quality talents for the society. Therefore, schools should keep pace with the times, constantly change educational philosophy and teaching mode, and effectively foster and enhance students' professional quality, professional identity, team cooperation awareness, etc. in actual teaching activities. Moreover, we should also foster students' ability of speech expression and communication, enhance students' professional skills and management ability, and then build a high-quality scientific research team for teachers and students. Schools should also enhance the professionalism and practicality of the second classroom teaching platform, strengthen the teaching content, enhance the teaching quality, and actively organize teaching practice activities in combination with the series of research topics of "healthy elderly care" to guide students to transform their knowledge into practical skills, so as to enhance their scientific research practice ability. In this way, the second classroom teaching platform can play the largest role in scientific research and teaching activities, which is greatly crucial for fostering high-quality, adaptable and innovative professionals for the society[7].

4.2 Enhance Teaching Evaluation, the Level and Effect of Teaching and Scientific Research

The second classroom teaching platform is built based on the series of researches on health care for the elderly, so that teachers' scientific research ability, teaching level and teaching philosophy can be innovated, and project-based teaching, heuristic teaching, inquiry based teaching and other measures are used in actual teaching activities to strengthen their leading, guiding position and role in teaching activities, encourage students to actively participate in scientific research projects, incorporate students' scientific research achievements into the final assessment, then build a perfect practical teaching system. This can effectively break the non-objectivity of traditional teaching evaluation, fully play the advantages and value of teaching practice, enhance the quality and efficiency of classroom teaching, foster and enhance students' ability to find, raise and solve problems, and promote the comprehensive enhancement and progress of students' knowledge, practical skills and comprehensive quality. This can not only effectively stimulate students' interest in studying and enthusiasm for classroom participation, but also guide students to constantly internalize and enhance their own knowledge when learning theoretical knowledge, practical skills and scientific research literacy, so as to achieve the goal of talent training.

5. Conclusion

To sum up, the effective construction of the second classroom teaching platform can break the limitations of the traditional teaching model and extend the theoretical classroom to practical activities, which is greatly crucial for enriching teaching practicality and improving students' practical ability. Therefore, schools should fully focus on the significance of the construction of the second curriculum teaching platform, and take the series of research on health care for the elderly as the theme, effectively build and enhance the second classroom teaching platform, and build a good learning path and platform for students.

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