

Discussion on the reform mode of physical education of “combination of physical education and medicine”

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ABSTRACT. *This paper will first introduce the main advantages and concepts of the practice of combining physical medicine, then from several aspects of the practice of combining physical medicine in the movement of shortcomings, finally to help the relevant universities to promote the work, the author put forward some practical Suggestions.*

KEYWORDS: *Physical therapy; Physical education; Model to investigate*

1. Introduction

With the advancement of Chinese college education reform movement, in the sports teaching activity has begun to apply body medical education reform activities, promote the reform of medical body not only can increase the overall quality in the students about sports, but also can help to improve their own comprehensive teaching level, promote the development of education industry in China.

2. The concept of combining physical medicine

The main content of practicing the combination of physical medicine is to combine various technical methods in ordinary sports activities with human body research methods in the medical field, so as to put forward reasonable Suggestions for improving the efficiency of sports and ensuring the health and safety of human body. The combination of medical methods and physical training, the most important goal is to hope to improve the health and safety of athletes, gradually exercise related medical knowledge into the physical education, gradually improve its safety, and promote its continuous enhancement and expansion of the existing fitness.

The advantages and disadvantages of carrying out the reform of physical education teaching

(1) The practice of the combination of physical education and medicine has helped China's physical education

From the point of view of the current development situation, with the development of national science and technology level speed accelerating, if can also according to the traditional way of using the most common treatment to cure the disease to complete the relevant maintenance work, must be on the basis of the improvement of the medical security, prepared, to emphasis on training, with the development of the physical exercise for exercisers purpose is through a series of sports to do physical rehabilitation, the result of the people through regular exercise to make the body produce antibodies to fight the disease, and improve the body's resistance, promote the recovery of the body, Therefore, we hope to ensure a good therapeutic and rehabilitation effect through the integration of physical medicine, and at the same time achieve the effect of satisfying exercise and strengthening [1].

(2) The teaching content of physical education is not substantial

Theory of physical education teaching contents is divided into two parts, respectively the teaching content and practice of teaching content, in the ordinary high school sports teaching stage, sports health knowledge, sports skills and mechanical technology principle is a very important content, but in ordinary education activities, part of the teachers still use metaphysical way of teaching, only to pay attention to the theory of knowledge, not for fitness teaching contents to make sufficient attention, this also leads to the direction of development of physical education teaching activities gradually become simplification. Secondly in terms of the choice of content, because the school grounds and constraints, practice class can only confined to the content of the ball and indoor fitness sports, such as for the Chinese traditional sports model using the keeping in good health, tai

chi and other activities without plan, finally in the process of practice teaching, the teachers in the teaching process often revolve around the current sports construction, without combining with the characteristics of medical professional, so to some extent, still can't accord to the current teaching ideas. In addition, in many sports teachers' teaching goal to a great extent and pay attention to athletics, to some extent, although you can increase the students' sports skills, but in training or slightly lack of theoretical knowledge, the use of students in the later process is difficult to apply theory knowledge to practice.

(3) The teaching mode is not flexible

In the part of the sports colleges and universities, the sports teachers may be the only evaluation subject for the students' sports achievements, at the same time in physical education teaching evaluation to the student, the student's participation may be not enough, one man's judgment is very difficult to rely solely on physical education teachers implement teaching fairness, this not only greatly reduce the learning enthusiasm of the students at ordinary times, the evaluation of students main body effect is very difficult to in the process, long-term sports a single teaching mode will inevitably led to a decline in the teaching effect.

(4) Lack of qualified teachers

Along with our country current university enrollment expansion, school scale up, so the demand for teachers has been increased number, on the one hand, for the teachers more and more high, on the other hand, teachers' teaching task will also become more and more heavy, but the main problem is that our country on the one hand, the very lack of high-quality talent, because part of the colleges and universities to take high quality, high quality teachers and therefore will start part-time mode, many of the teachers in the process of work often pluralism, for these part-time teachers, Their working status and content at any time may be faced with change, it also can't guarantee the quality of the work and content, for professional class teaching experience is often insufficient, and one of the most serious problem is that currently there is no preparation and have prepared teachers, there are serious salary gap between different because the reward system as a result, led to the initiative and enthusiasm of work is not the same, to improve the effect of colleges and universities sports teaching activities or there is a great influence [2].

3. The main methods and strategies of combining physical education with physical education reform

(1) Training the knowledge of medical machines and improving their ability to use them

In combination of the body of the teaching mode, teachers should first be able to introduce students to and from the perspective of the theory analysis of some successful medical treatment, so as to raise public awareness of medical education in theory and reliability to guide students to gradually establish a correct concept of medicine, will be constantly sports teaching and medical activities more colorful and diversified. At the same time, for this model, the education sector should be able to actively adapt to the direction and trend of medical reform. In the process of carrying out physical education should be able to actively carry out the content of medical teaching, such as sports physiology and sports health care related to medical activities, for students majoring in physical education should lay a solid foundation for it, and constantly improve students' ideological awareness and enthusiasm for participation. So it also requires that physical education teachers in colleges and universities in the process of work should be able to attach great importance to this aspect of the work carries out, properly at recess punctuated by some related medical activities and teaching material, become a comprehensive development, has the comprehensive qualities of college PE teachers, if the condition allows, still can properly develop extracurricular activities, to extend students' own utility, but also should be able to give them the opportunity to practice on a regular basis, let the students to test the correctness of the theory in practice.

(2) Flexible teaching mode

Education department should be able to according to student's normal needs to specify the flexible teaching mode, the teaching organization form, as the main purpose is to combine education department of the current dominant ideas for the purpose of physical education and teaching activities, formulation in the teaching mode in the process of relevant workers should also be based on the latest issued law on student's actual needs and preferences compared with open sports teaching activities, for different physical quality and learning ability of students should be able to make different teaching modes, continue to optimize the teaching patterns and methods and improve the analysis, To meet the actual needs of individual development.

(3) Updating the evaluation system of teaching in a timely manner

Education departments should be able to update and develop the evaluation system of physical education in a timely manner. Effective teaching methods can only be optimized and adapt to the constantly developing

educational concepts and social needs if they are accompanied by timely and appropriate reflection. The implementation of these two parts of the work for the overall effect of teaching activities are relatively important. So on the two evaluation work, the staff should be able to flexibly applied qualitative and quantitative analysis methods, at the same time can also be combined with the current more rapid development of Internet technology to the combination of online and new evaluation method, the movement skills, sports and medical knowledge with the teaching idea of all included in the scope of assessment of .

(4) Constantly optimize the construction of teaching staff

In the case of the promotion of the teaching mode of physical medicine, relevant colleges and universities can adapt to the development trend of The Times. Must do a good job in sports teaching talented person's raise only to build a high quality, high efficiency of the education team, to be able to escort the movement, so can be considered from two aspects, on the one hand, should vigorously external education investment to introduce advanced talents, on the other hand, schools should also be able to go from inside the system training education of talents, adhere to the talent introduction to, go out and training principles, and will also be able to these people do a good job in the corresponding social welfare guarantee to solve the trouble back at home of them [4].

4. Conclusion

To sum up, the current body of medical teaching mode for many colleges and universities still exist many problems, so I hope I can through the above, some Suggestions for improvement to help these colleges and universities do a good job in the reform of promoting the development and progress of education in our country, at the same time more hope to be able to push forward the reform action.

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