

A Review of the Relationship between Sports Training and Medical Health

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ABSTRACT. Sports training, as an important part of sports, has common research methods and objects with medical health, and has many similarities from the content attributes, research methods, and functional manifestations. Sports training is closely related to medical health, has a common direction and attention, and complements each other. In the form of literature review, the article explores the dialectical relationship between disease and health, and the effective combination of sports training and medicine through research methods such as literature data method, expert interview method and logic analysis method. It shows that diseases can be prevented, health can be popularized, sports training can improve the body's autoimmune function, and has a positive effect on promoting medical health. Human health is the common goal of sports and sports medicine. The combination of sports training and medical health provides a broader research area for research and development in the field of human health.

KEYWORDS: Sports training, medical health, lifestyle

1.Introduction

The Health China strategy clearly states: "To improve the physical fitness of the entire population, strengthen physical and medical integration and non-medical health interventions, issue guidelines for physical fitness activities, establish and improve a library of exercise prescriptions for different groups, different environments and different physical conditions, and promote the formation of physical medicine The integrated disease management and health service model will play a positive role of scientific fitness for all in health promotion, prevention and rehabilitation of chronic diseases. " After many years of exploring the theory and practice at the "integration of physical and medical practice", it was finally clearly presented and deployed at the national policy level. Achieving national health and longevity is an important symbol of national prosperity and national rejuvenation, as well as the common aspiration of the people of all nationalities throughout the country.

Sports is a complex social and cultural phenomenon, it is the basic means to

improve human physical and mental health, and sports training is an important research content of sports. It gradually forms a fixed form in accordance with the laws of human growth and development, promotes comprehensive development, improves physical fitness and comprehensive education, enhances physical fitness, and improves exercise capacity, lifestyle and quality of life[1]. Therefore, it is necessary to achieve regular, organized, and planned regular activities in training. The goal of sports training is to optimize physical health through your own activities, body and mind. Exercise is an activity of physical strength and skills governed by a set of rules or habits. Medicine is a scientific or technical means to deal with various diseases of the human body. Health means that a person's physical, mental and social conditions are good [2]. Health includes two aspects : (1) The main organs are disease-free, developed and uniform, and have good physiological functions in various human systems. They are the most basic requirement for people to have strong physical activity and work ability. (2) The disease resistance is strong, thereby improving the body's ability to adapt to environmental changes, and the effects of various physiological stimuli and pathogenic factors on the body are relatively small. Sports medicine is a medical method that assists clinical medicine through physical training and sports culture. It has certain differences from traditional rehabilitation sports to achieve the treatment and rehabilitation of diseases and improve the health of patients.

Preventive medicine and research show that focusing on human health and the country is the carrier of the healthy development of public science [3] . The public advocates "starting life with me" and is responsible for one's own health. It also makes the whole society in the health range a fashion. This is also a popular trend that provides health research and development of popular science research objects and conditions, and health research and development. Throughout the history of Western industrialized countries, especially after World War II, the economic development of Western countries has been described as Western industrialized countries. People's living standards have been significantly improved, but new changes have occurred in terms of health problems, aging and lack of physical activity; the rapid spread of irrational lifestyles and non-communicable diseases endangers people's lives. Urgently took first-level preventive actions and achieved good results [4]. For example, in 1978, the American College of Sports Medicine recommended that people do aerobic exercise at least three times a week to increase heart rate, thereby consuming excess fat in the body and enhancing the body's ability to fight disease. In addition, we must actively change the irrational diet. As a result, 1950—1980 Over the years, cardiovascular mortality has fallen by 30%. In 1996, a new exercise guide was introduced: 30 minutes of moderate exercise per day, such as brisk walking, cycling or gardening. The key is that exercise becomes a part of people's daily life and an important part of exercise. As a developing country, China is moving towards a well-off society, and it is also facing difficulties faced by developed western countries. The development history of western countries is the epitome of China. However, China's preventive medicine research is relatively late, with insufficient breadth and depth of research, and relatively low awareness of health and prevention. Learning from Western countries can help us avoid many detours.

2. The inherent connection between sports training and medical health

The core idea of combining sports training and medical health is to solve sports medical health problems, organize scientific training, and sports medicine is a new theory combining physical exercise and medical health [5]. The specific performance is as follows: (1) The basic research content of sports medicine is to study the factors that affect people's physical and mental health, including health foods in the nutritional range; (2) aerobic exercise can strengthen strength exercises, and can also balance sensitivity. Make adjustments and other neural control exercises; (3) Exercise training is a kind of physical stimulation. In the process, stimulation emphasizes safety and effectiveness. Excessive emphasis on safety is too low, so it has no effect. Excessive stimulation can easily cause the safety of athletes. The coefficient decreases, and if the monitoring effect is not satisfactory, it will easily cause damage to its body. Safety includes cardiovascular safety, blood glucose stability prevention, kidney and liver safety, bone safety, joint safety, etc. Health mainly refers to the balance of health factors in patients' organs. The disadvantage of unbalanced health factors is the focus of sports rehabilitation.

Practice has shown that human health has an important relationship with sports and medicine. Exercise training is to improve physical health through your own activities. With the development of the body, physical health can eliminate diseases, improve sports skills, social work for recreational purposes, etc. Physical exercise is a means and method to achieve health goals. The Chinese Science and Technology Dictionary defines medicine as: "It aims to protect and strengthen human health, prevent and treat diseases, and scientific knowledge systems and practical activities closely related to the natural sciences (biological, physical, chemical) and social sciences." Because medicine is about people who are related to nature and society, it can be seen that the similarity between the two is to improve human health. In order to differentiate, exercise is to improve health through your own physical exercise and is an active activity. Basically, medical knowledge is the scientific knowledge and practice of systems that maintain and promote human health, prevent and treat diseases, and promote physical recovery, and prevent, treat and improve the body and prolong life by external means.

4. Research progress on health promotion jointly by sports training and medical health

4.1 Functional characteristics of medical health in sports training

Sports medicine health is more than just eliminating disease, it's restoring patient function. It mainly includes social functions that enable patients to enter social life and work [6]. This is the wish of all doctors, patients and families. This disease not only causes physical harm to patients, but also brings major changes in lifestyle, including reduced exercise, changes in nutritional status, and changes in mentality. The purpose of treating the disease is not only to eliminate the disease, but also to allow patients to enter the society with a healthy mindset and have the ability to bear

the corresponding social responsibility, so as to have a sunny mindset, not depression and lack of confidence caused by the disease. Health is more than free of disease. The reason why sports training can be widely used in the medical field is that sports training has relatively comprehensive health care functions. Emphasis is expressed in the following aspects: (1) in terms of human biology, sports promote horizontal coordination between vertical functions and low-function functions; (2) in terms of human duality, sports strengthen human beings in Social and biological coordination in health. In human biological nature, human's small functions always obey great functions in human survival and development. Human biological functions are always affected by human social functions; (3) movement in human psychology promotes the connection between psychological processes and human biological functions and social functions; (4) sports come from the reality of human beings, and are vital to life and special promotion of health.

4.2 The combination of scientific and reasonable training and medical methods is the best way to maintain human health

4.2.1 Exercise can improve people's physical fitness and health

People develop the habit of exercising regularly and staying healthy under nutritional conditions, and have confidence in job challenges and emergencies. In addition, he can enjoy free time and entertainment, he can be healthy and take sports as a part of life, which is an important part of self-realization and improvement of life value. Sports bring people moments of relaxation, leisure and entertainment, bring people more self-fulfilled life values and constantly challenge the limits of life. This is unprecedented in human satisfaction and spiritual life.

4.2.2 Making sports training a new medical possibility through medical health theory

Sports medicine is a medical method that treats certain diseases and wounds through exercise and restores and improves physical function. The fundamental purpose of sports training is to change the athlete's athletic ability through positive physical changes. It actively treats patients through the treatment process and exercises itself. It is a natural remedy that utilizes the body's inherent natural functions (exercise) as a treatment to improve overall body function, improve physical health and increase resistance. This type of exercise training should be individual-based, persistent and gradual, and combined with medical or surgical treatment for psychological counseling.

4.2.3 Sports medical supervision has become a normal means of linking sports training with medical health

Sports medical monitoring includes monitoring the health status, mobility and

physical fitness of sports participants, ensuring normal training or physical exercise, and especially using modern medical knowledge as a guide for healthy sports roles, and has been widely promoted and applied. A method used to teach exercise methods and evaluate exercise effectiveness to prevent too much or too little from certain diseases. Encourage people to participate in regular exercise, develop the habit of regular exercise, establish a scientific lifestyle, achieve physical and mental health in daily life, and achieve the best exercise effect through self-training.

4.2.4 Sports training and medical health form an effective complementary effect

The link between exercise and medicine is getting closer. For example, in the treatment of chronic diseases, passive treatment is not ideal, but the term “exercise for exercise” has gradually been accepted in recent years. Adjuvant treatment of chronic diseases such as diabetes, hypertension, coronary heart disease, obesity, depression, etc. emphasizes the common practice; in addition, some postoperative rehabilitation and accidental injuries are inseparable from physical activity. As an active prevention and treatment method, sports activities are receiving more and more attention. However, physical activity and sports medical supervision are inseparable. Many issues, such as exercise level, intensity, exercise choice, exercise duration, etc., require sports medical supervision and guidance. Sports without sports medical supervision are blind and unscientific, and sports without sports medical supervision have no vitality. The idea of living in sports has been proven for thousands of years. Medicine is the theoretical guide to human health physical education, and sports is the method and means of human health. In the past, some people said that physical activity was more active. After the introduction of tertiary preventive medicine, the concept of medical treatment of disease has been changed to prevent disease. Therefore, it should be said that exercise and preventive medicine play an equally important role in human health.

5. Conclusion and suggestion

5.1 Conclusion

Proper participation in exercise can keep people healthy and prevent or reduce spread. On the one hand, when people are ill, various physical functions will be significantly reduced, which will affect their quality of life and physical health. From the perspective of daily life, physical examination and treatment need to be strengthened, thereby promoting the cure of disease. The combination of sports and medicine makes medical theory based on sports serving human health and makes sports an important method of human health and part of sports medical services. They share a common development goal and develop each other at the same time. Only their mutual Matching can better serve human health together.

5.2 Suggestion

The first is to strengthen public opinion, raise awareness of fitness, promote education and encourage the masses to actively participate in sports activities. The second is to strengthen the construction of mass fitness infrastructure and provide convenient and free activities for the masses. The third is to increase the enthusiasm of the masses and strengthen public relations and education on common sense about fitness and fitness methods. Fourthly, in order to better provide suggestions and support for the national fitness activities, we should strengthen the training of high-quality national fitness coaches. The fifth is to strengthen medical guidance and mass fitness monitoring, so that mass fitness science is conducted under the guidance of medical science.

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