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The Restrictive Factors and Practical Path of Sports-Medical Integration Under the Background of COVID-19 Pandemic

Yonghuan Chen
Zhengzhou University

Yanan Jiang
Zhengzhou University

Xiangning Yan
Xi'an Physical Education University

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Abstract

This paper explored the restrictive factors of realizing the integration of sports and medicine in China under the background of “COVID-19 pandemic” and analyzed the path of realizing the integration of sports and medicine by combining it with “Healthy China” strategy and “National Fitness Program”. We used document and expert interview method. In the new era, people’s desire for a better life has become the most extensive demand, and the sudden outbreak of epidemic makes people’s demand for health become the first demand. The importance of people’s health raises “Healthy China” as the national development strategy, which has become the opportunities to realize the “integration of sports and medicine”. At present, China has formed three “sports-medical integration” models: the combination of the government and the market, the fitness guidance center of the hospital and the physique monitoring center of the community. Among them, the model of community physique monitoring center is in line with China’s national conditions, but the development of this model still needs policy and financial support. At present, China’s “integration of sports and medicine” is still facing a few challenges: a) The conceptual understanding remains weak while the belief to medical treatment and negligence of sports is strong; b) There is lack of standards of sports knowledge and skills, so it is difficult to reach a consensus; c) The sports and medicine industry has a low level of integration and lacks an integrated environment. The impact of the COVID-19 pandemic is not only a challenge but also an opportunity to realize the integration of sports and medicine. At present, with the support of national strategy, “integration of sports and medicine” is in the best historical development opportunity. At the same time, however, it also faces a series of contradictions. In this regard, it is necessary to deepen the essence of the two to carry out conceptual innovation and enhance the national recognition of the functional value of “sports-medicine integration”. Strategies include cooperating with sports medicine institutions to build a service platform, strengthening the integration of sports and medicine disciplines while building a qualification certification system and cultivating comprehensive talents, and improving the environment of “integration of sports and medicine” with building the foundation of harmonious symbiosis.

The Restrictive Factors and Practical Path of Sports-Medical Integration Under the Background of COVID-19 Pandemic

Yonghuan Chen^a, Yanan Jiang^a, and Xiangning Yan^b

^aZhengzhou University, ^bXi'an Physical Education University

Abstract

This paper explored the restrictive factors of realizing the integration of sports and medicine in China under the background of “COVID-19 pandemic” and analyzed the path of realizing the integration of sports and medicine by combining it with “Healthy China” strategy and “National Fitness Program”. We used document and expert interview method. In the new era, people’s desire for a better life has become the most extensive demand, and the sudden outbreak of epidemic makes people’s demand for health become the first demand. The importance of people’s health raises “Healthy China” as the national development strategy, which has become the opportunities to realize the “integration of sports and medicine”. At present, China has formed three “sports-medical integration” models: the combination of the government and the market, the fitness guidance center of the hospital and the physique monitoring center of the community. Among them, the model of community physique monitoring center is in line with China's national conditions, but the development of this model still needs policy and financial support. At present, China’s “integration of sports and medicine” is still facing a few challenges: a) The conceptual understanding remains weak while the belief to medical treatment and negligence of sports is strong; b) There is lack of standards of sports knowledge and skills, so it is difficult to reach a consensus; c) The sports and medicine industry has a low level of integration and lacks an integrated environment. The impact of the COVID-19 pandemic is not only a challenge but also an opportunity to realize the integration of sports and medicine. At present, with the support of national strategy, “integration of sports and medicine” is in the best historical development opportunity. At the same time, however, it also faces a series of contradictions. In this regard, it is necessary to deepen the essence of the two to carry out conceptual innovation and enhance the national recognition of the functional value of “sports-medicine integration”. Strategies include cooperating with sports medicine institutions to build a service platform, strengthening the integration of sports and medicine disciplines while building a qualification certification system and cultivating comprehensive talents, and improving the environment of “integration of sports and medicine” with building the foundation of harmonious symbiosis.

Keywords: integration, sport, medicine, coronavirus