

## **Research on the Construction of Sports Health Complex under the Background of “Physical and Medical Integration”**

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**Keywords:** physical and medical integration, sports health complex, construction

**Abstract:** Sports health complex is an important integration product of modern medicine and sports health management. It is an important link to expand the scale of medical health service system, promote residents' sports health and improve citizens' physical fitness in an all-round way, which has important value in the development of modern society. Under the background of “physical and medical integration”, the construction of sports health complex is a government-led and professional force-involved complex as well as an important link in the construction of “Healthy China”. Starting from the connotation and era value of “physical and medical integration”, this paper analyses the necessity, construction value and specific content of the construction of sports health complex, and explores the specific way to build the sports health complex. It is hoped to provide some strength and ideas for promoting the construction of health system in China.

### **1. Connotation and Time Value of “Physical and Medical Integration”**

The concept of “physical and medical integration” was first put forward by the United States in the 19th century. As early as that time, American health experts and medical experts realized that human health could not be guaranteed by medical treatment alone. It was necessary to integrate the relationship between physical fitness improvement and health maintenance as well as the relationship between sports and physical fitness improvement into disease prevention and control system so as to alleviate diseases and prevent diseases. With the development of economy, politics and civilization in our country, chronic diseases and sub-health problems of modern people have become important obstacles to national health. Pure medical system construction has been unable to meet the health needs of Chinese people in modern society. The huge amount of money and energy invested by patients in the process of treatment has also intensified social contradictions. Rejuvenation of some diseases and sudden death of adolescents make the government and the public pay attention to the prevention of diseases and the improvement of physical fitness, which is also the important background of the concept of “physical and medical integration”.

#### **1.1 Connotation of the Concept of “Physical and Medical Integration”**

The connotation of the concept of “physical and medical integration” is that sports combined with medical and health treatment programs can keep national health and promote the recovery of the sick people as soon as possible. It is conducive to the prevention, treatment and rehabilitation of chronic diseases, sub-health symptoms and people in rehabilitation stage, and plays an important role in the medical and health system. This concept integrates two kinds of health service systems with different emphasis, so that the front end of a person's health is assumed by physical exercise, health care and health preservation, and the back end of a person's health is undertaken by disease treatment and rehabilitation, so that these two indivisible parts of human health can be effectively combined and the effect of human health protection can be improved.

#### **1.2 Time Value of the Concept of “Physical and Medical Integration”**

##### **1.2.1 Alleviate the contradiction between doctors and patients in medical field**

According to the data provided by the National Reporting Network, the incidence of chronic diseases among Chinese citizens is increasing at the rate of 1.5% per year, which is a very huge

number calculated from the population base of our country. The increasing number of chronic patients occupies a large number of public health resources, which makes the resources of acute and severe patients relatively reduced and hospitals have piled up a large number of people, leading to the deepening of the contradiction between doctors and patients. Moreover, because of the long treatment period of chronic diseases, patients with chronic diseases soak in the “medicine pot” for a long time. Their non-diseased organs will be affected by drugs and gradually appear adverse reactions. The most direct response is that the stomach of patients who have taken drugs for a long time is prone to pathological changes, resulting in chronic patients’ economic pressure unalleviated, the work pressure of medical departments unreduced and the doctor-patient relationship tenser.

### **1.2.2 Continuance of the thought of “treating diseases before they occur” in traditional Chinese medicine**

Traditional Chinese Medicine (TCM) is an important traditional cultural resource in China. In TCM theory, there has always been the idea of “treating diseases before they occur”, that is, controlling or eliminating diseases before they occur, improving people’s physical quality and reducing the risk of disease. This thought is an important source of the concept of “physical and medical integration”, which can effectively alleviate the economic pressure people need to bear in the medical field, improve the overall physical quality of people, and alleviate social contradictions. Therefore, the concept of “physical and medical integration” is also an important continuation of the idea of “treating diseases before they occur” of traditional Chinese medicine, which conforms to the inheritance and development of China as well as the demand of traditional culture.

### **1.2.3 Requirements for the development of sports**

Sports is one of the manifestations of a country’s comprehensive strength, and also one of the important industries that the world attaches great importance to. It is related to the national image of a country in the world. For a long time, the development of China’s sports industry has been very political, and has undertaken a country’s diplomatic task. For example, in April 1971, the friendly exchanges between American table tennis delegation and Chinese table tennis team promoted the normalization of Sino-American diplomatic relations, which is the famous event of “small ball promoting big ball”. With the 29th Summer Olympic Games held in Beijing, more and more attention has been paid to the development and construction of China’s sports industry, which has gradually been created as an important part of the healthy development of the nation. Therefore, we should actively guide the people to pay attention to and participate in sports so as to play an active role in improving physical fitness and effectively promote the construction and development of “Healthy China” project.

## **2. Necessity, Value and Specific Content of the Construction of Sports Health Complex**

### **2.1 Necessity of the Construction of Sports Health Complex**

In the process of social development in our country, people’s life style, living environment and health demands have undergone tremendous changes. The concept of “curing illness and saving lives” is no longer the main component of people’s health concept. The demand for the concept of “treating diseases before they occur” and improving physical fitness is increasing in the modern population. The public’s demand for health is just one of the necessities of building a sports health complex in our country. For a long time in the past, the utilization rate of stadiums and gymnasiums was quite limited. Although the stadiums and gymnasiums were built for sports competitions, sports team training at provincial and municipal levels, and sports activities for people, due to insufficient attention paid by people of our country to sports, a considerable number of stadiums and gymnasiums were left idle. Public resources have not be effectively utilized, physical quality can not be obviously improved, and the pressure of sports venues and people’s health management is gradually increasing. Improving the current situation of sports industry has become an inevitable problem, which is also one of the necessities of building a sports health complex in China.

## **2.2 Value of the Construction of Sports Health Complex**

The construction of sports health complex is conducive to improving the current doctor-patient situation, utilization efficiency of public resources, national physical fitness and other related issues. The sports rehabilitation stadium effectively expands the popularity of fitness and sports in the nation, improves the utilization efficiency of public resources, and helps people with sub-health, chronic diseases and convalescent recover to health. The construction of sports health complex effectively promotes the establishment of national health monitoring system, enlarges the popularity of sports in the country, enriches the national spare time life, and promotes the establishment of sports healthy city, which is an important link in the construction of “Healthy China” project. Completing the construction of sports health complex can effectively improve the development speed of sports medicine, fitness medicine and rehabilitation medicine in China, fully promote the practice of the concept of “physical and medical integration” and promote the establishment and improvement of “Healthy China” project.

## **2.3 Specific Contents of the Construction of Sports Health Complex**

### **2.3.1 Sports hospital**

The first sports hospital in China was established in Changzhou in March 2016. It has rehabilitation medicine, sports medicine and other departments related to sports and human health. It is an important part of the construction of sports health complex, which provides treatment and rehabilitation services for the skeleton, muscle or joint injured patients in the process of sports, help people avoid trauma to their own body resulted in the process of sports, fitness activities, prevent sports trauma from evolving into chronic diseases and protect people’s physical quality on the basis of reducing sports trauma the human body may be subject to.

### **2.3.2 Physical fitness test**

Physical fitness test is an important basis for improving national physical fitness, promoting sports, integrating sports fitness and medical services, providing basic data for sports-related guidance, assisting the smooth completion of physical health consultation, sports health examination, sports ability assessment, sports planning and other links, and providing one-stop sports health for people.

### **2.3.3 Sports tourism**

In sports health complex, it is necessary to strengthen the construction of tourism, effectively improve the utilization efficiency of resources of facilities related to stadiums and gymnasiums, vigorously develop the industries related to Chinese medicine, health and tourism, and guide tourists to understand the knowledge of massage, acupuncture, medicine bath, physiotherapy and martial arts in the process of tourism and sightseeing, so as to make sports, fitness health and tourism industry effectively combined and make full use of the current prosperity of tourism to promote the construction and development of sports health complex.

## **3. Specific Ways to Construct Sports Health Complex**

### **3.1 Technology Integration**

Technological integration is the key content of the first stage of the construction of sports health complex. By utilizing similar functions of stadiums and fitness institutions and overlapping with some functions of health service institutions, it can provide more high-quality sports, disease rehabilitation and physical quality improvement services for people. Firstly, through medical and rehabilitation technicians’ diagnosis and treatment in fitness institutions and stadiums, they provide rehabilitation and sports planning services for people in fitness and stadiums, which effectively compensates for the lack of professional skills in fitness and stadiums, and make up for the lack of small coverage of the population in health service institutions. Secondly, with the help of the integration of three parties, it is possible to provide a large number of basic data for the monitoring

of citizens' physical fitness, which effectively promote the development of sports medicine in China, and provide more high-quality sports health services for Chinese people.

### **3.2 Business Integration**

Business integration is the focus of the second stage of the construction of sports health complex. It overlaps and integrates the business scope of both sports and health services. The integration of this stage must be based on technology integration. It is a necessary link for relevant industries, enterprises and institutions to adjust their structure and reconstruct their business. For example, in the process of its establishment of the first sports hospital in Changzhou, there had a large range of business integration of routine medical institutions and sports medicine, and set up diagnosis and treatment, physical examination, sports guidance, rehabilitation treatment and other departments, which will effectively improve the efficiency of "physical and medical integration" and assist the smooth construction of "Healthy China" project.

### **3.3 Market Integration**

In the process of routine development, the market of sports and health service institutions is not fully integrated. To promote the construction of sports health complex, we need to complete the market integration on the basis of technology integration and business integration, provide consumers with products related to sports health, give full play to modern people's demand for health, health preservation and "cure diseases before they occur" and stimulate sports health, so as to deeply combine sports and fitness and health industry chains to become a practical integration, promote the establishment of sports and health complex, and enhance the establishment and perfection of "Healthy China" project.

## **4. Conclusion**

The concept of "physical and medical integration" has promoted the construction and development of sports health complex and laid the ideological foundation for the construction of "Healthy China" project. The construction of sports health complex has promoted the further development of the concept of "physical and medical integration", and provided a new form for the construction of "Healthy China" project. At present, our country has less experience in the construction of sports health complex, so further research and practice are needed. By collecting excellent construction experience and summing up practical experience, it is possible to provide more sufficient demonstration and assistance for the construction of "Healthy China" project.

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