

Research on innovative teaching reform countermeasures of sports rehabilitation specialty in colleges and universities

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Abstract: In the era of social and economic stable development, the quality of life of the public continues to improve, more and more attention to the pursuit of spirit and life health, the health industry came into being, the society on the professional sports rehabilitation talent quantity and quality requirements continue to improve. This article from the enrollment scale, training objectives, teachers equipment, talent skills, to explain the problems existing in the teaching of sports rehabilitation in colleges and universities, and around the increase of social popularization, optimize the professional curriculum, strengthen the dual teaching team, reasonable innovation teaching methods of four dimensions, to explore the teaching reform strategy of sports rehabilitation, in order to output more application-oriented professional talents. To adapt to the needs of the health industry under the new situation.

Key words: universities; Sports rehabilitation major; Teaching reform; Countermeasure

Introduction

To improve the quality of people's lives and health, China has vigorously implemented the Healthy China strategy, supported the development of large health industries, and guided the people throughout the country to form a harmonious and healthy lifestyle. In the initial stage, the service objects of sports rehabilitation specialty are injured and injured people and athletes. Professionals need to master the principles, techniques and guiding ability of sports rehabilitation, provide kinematic guidance for athletes to compete in sports and recover after games, and provide rehabilitation training guidance for patients with injuries such as bedridden and limb disabilities after surgery, so as to help them recover their physical functions as soon as possible. Under the background of the Healthy China strategy, the demand for sports rehabilitation professionals in the large health industry and sports and fitness institutions continues to increase, and the employment fields of graduates are becoming more and more extensive. For young people, professionals can make targeted health exercise programs, design the amount of exercise and the way of exercise to avoid sprains, bruises, strains and other phenomena. For the elderly group, professionals need to give scientific guidance on kinematics according to different physical health conditions and daily lifestyle of the elderly, so that the elderly can exercise and exercise healthily. At present, many colleges and universities have set up sports rehabilitation majors, but there are still some problems in professional construction and teaching.

I. There are problems in the teaching of sports rehabilitation in colleges and universities

1. The enrollment scale is relatively limited

In the context of the in-depth implementation of the Healthy China strategy, the number of sports rehabilitation schools in China has been increasing, but the scale of professional enrollment is small and the number of enrollment is relatively limited. On the one hand, the major of sports rehabilitation is an emerging major. Some colleges and universities have not set up this major for a long time, the popularity of the major is not high, the public has little understanding of the major of sports rehabilitation, and even have not found the opening time of this major, the number of applicants is relatively small, and the number of students is difficult to meet the needs of the social health industry. In order to complete the enrollment plan, some colleges and universities have lowered the enrollment standards for the major of sports rehabilitation, resulting in low enrollment quality.

2. The training goal is not clear enough

In the face of the increasing shortage of health industry talents, colleges and universities need to set professional talent training goals according to the market demand, so as to provide basis for curriculum setting, teaching organization and teaching methods. However, when setting the training target for sports rehabilitation professionals, some schools directly refer to the training plan of rehabilitation therapy and copy the training target, failing to recognize the difference between the two specialties in the service objects and treatment means. From the perspective of treatment means, sports rehabilitation major sports therapy, professionals need to focus on the acquired or congenital physical injury, analyze the functional disorders of the human body, and formulate rehabilitation treatment plans. The major of rehabilitation therapy mainly studies medicine and modern medical science and technology, analyzes the dysfunction of aging, acute and chronic diseases and injuries, and formulates comprehensive rehabilitation treatment plans. In the process of personnel training, some schools fail to clearly distinguish the difference between sports rehabilitation and rehabilitation therapy, ignore the characteristics of sports rehabilitation specialty, and confuse the service direction and object of the two specialties.

3. Lack of excellent teachers and equipment

Under the new situation, the number of sports rehabilitation talents is limited, the number of high-quality teachers is insufficient, and the strength of scientific research and teaching research in universities is weak, which hinders the construction and development of sports rehabilitation specialty. In China, the development time of rehabilitation specialty is not long, the number of talents in this professional

field is insufficient, and the lack of high-level talent echelons. Some colleges and universities recruit less professionals in the field of sports rehabilitation, fail to set the salary of professional teachers reasonably, and are not attractive to high-level teachers. Among the teaching staff of sports rehabilitation, some teachers come from rehabilitation medicine and human movement science majors, lack of professional knowledge of sports rehabilitation, and need a lot of time and energy to study medical knowledge and sports kinematics knowledge, and take a long time to grow and develop. At the same time, the shortage of professional equipment and training bases in colleges and universities is difficult to meet the needs of students' practical operation, which hinders the normal development of practical teaching activities.

4. The skill level of talents is not high

The practice level and skill level of sports rehabilitation students are not high, and it is difficult to fully master professional technology in school. Sports rehabilitation major is highly technical, and the practical skills of talents directly determine the future employment and development. Therefore, students need not only to reserve professional theoretical knowledge, but also to apply knowledge in practice. In the face of middle-aged and elderly people, the injured and sick, athletes and other service objects, professionals need to have the ability to cope with and deal with all kinds of emergencies, such as falls, bruises and sprains, this ability needs to be formed after long-term practice. However, in the teaching of sports rehabilitation specialty, some schools fail to arrange practical teaching content reasonably, rarely combine the needs of real life and work, carry out simulation training, and design experimental training content is not targeted. Although some schools have set up vacation practice links, the students' practice tasks are simple and the time is short, resulting in superficial practical training for students, and it is difficult for them to convert knowledge into practical skills.

II. The reform measures of sports rehabilitation teaching in colleges and universities

1. Strengthen social popularization and rationally expand the scale of enrollment

Under the new situation, the public's demand for professional sports knowledge is increasing, but they have little understanding of sports rehabilitation and health care, fail to recognize the positioning and function of sports rehabilitation, and even think that sports rehabilitation is the same as rehabilitation treatment. In this regard, colleges and universities should comprehensively evaluate the advantages of running a school, the strength of teachers and the characteristics of professional construction, and cooperate with various social propaganda units and departments to publicize the relationship between healthy China and sports rehabilitation through seminars, media, Internet, newspapers, television and Internet channels, popularize the professional field knowledge of sports rehabilitation, so that the society can realize the value of sports rehabilitation. Understand the specialty construction and talent training characteristics of colleges and universities, and create a good public opinion environment for enrollment. In the publicity process, colleges and universities should make good use of the network platform, launch the special introduction and recommendation column of the major, introduce the school's teacher reserve, school-running characteristics, curriculum and service fields, attract the attention of the majority of students, and appeal to social groups to support the construction of the major. In terms of enrollment policy, colleges and universities should formulate diversified enrollment plans, break through geographical restrictions, recruit students nationwide, especially in areas with relatively backward development of sports rehabilitation majors, improve the level of enrollment publicity, expand enrollment sources, and expand enrollment scale.

2. Optimize the curriculum of the major and clarify the goal of talent training

First of all, schools should conform to the trend of social, cultural, economic and scientific development and rationally set up professional courses, which should not only set up basic professional knowledge modules, but also cultivate students' humanistic literacy, requiring them to master professional knowledge and technology such as physical fitness, rehabilitation medicine and basic medicine, and have high humanistic literacy, so that graduates can give humanistic care to patients when participating in work. Secondly, teachers should reasonably construct the system of professional theory and practice courses, set the goals of theoretical knowledge teaching and professional skill training, so that students can proficiently use professional skills to solve problems and construct a complete knowledge system on the basis of learning the professional foundation. In addition to professional basic courses, teachers can design practical sports rehabilitation skills courses, such as health Qigong, Baduanjin, Wuqin play, Taijiquan, etc., and connect the first class and the second class, so that students can walk into the community with the skills they have learned, popularize and promote health skills to the public, and exercise their organizational management ability, communication and expression ability. In addition, the school should adhere to the principle of service industry development and employment orientation, understand the needs of the large health service industry for sports rehabilitation talents, clear the goal of application-oriented talents training, combined with professional characteristics, can cultivate application-oriented talents competent for professional theoretical teaching, sports rehabilitation training, formulation of sports prescription, fitness guidance personnel, and build a dynamic evaluation mechanism. According to the market trend and feedback, adjust the training objectives and programs.

3. Strengthen the teaching team and upgrade the professional teaching environment

An excellent teaching team is the basic guarantee of professional teaching reform. First of all, the school should start from the characteristics of sports rehabilitation specialty, and strengthen the teaching team of two teachers. Based on the characteristics of clinical medicine, rehabilitation medicine, kinesiology, physical education and other courses, schools should scientifically set professional teacher recruitment and evaluation qualifications, start from professional level and working experience, recruit excellent teachers, and strengthen cooperation with social medical care and elderly care service institutions, increase salaries and scientific research benefits, and invite front-line experts to serve as part-time teachers. To set up a reasonable structure of dual teachers teaching team. In the construction of the team

of teachers on campus, the school should pay close attention to professional trends and social development trends, actively cooperate with professional hospitals and scientific research institutions, provide in-service teachers with opportunities for hospitalization and practice, improve their professional quality and skills, enable them to master the latest rehabilitation technology, and encourage teachers to participate in sports rehabilitation forums, seminars and training activities at home and abroad. To study for a higher level of degree, expand the interdisciplinary direction, so as to feed the professional construction and discipline development. Secondly, schools should attach importance to the construction of professional teaching environment, combine the technical characteristics of sports rehabilitation major, upgrade a series of teaching venues, equipment facilities and teaching software, create advanced and good learning and practice conditions, and actively connect rehabilitation centers with social enterprises, encourage students to participate in vacation internship, so that they can have more contact with work cases and broaden their professional vision. Exercise their ability to cope with emergencies and professional skills.

4. Rationally innovate teaching methods and improve students' practical ability

First of all, in the teaching of sports rehabilitation major, teachers should adhere to the orientation of application-oriented talent training, proceed from the cognitive needs and practical application needs of students, rationally select the teaching content, delete repetitive theoretical knowledge, focus on explaining the classic content of the subject, and integrate the cutting-edge theoretical knowledge into the classroom teaching. Secondly, teachers should establish a student-centered teaching mode, pay attention to the basic knowledge mastered by students, adopt the way of asking questions, carry out discussion-type learning activities, mobilize students' enthusiasm in learning knowledge and skills, make them become the main subjects of learning, and introduce graphic or video cases for tedious and abstract theoretical knowledge to create an intuitive and visual teaching environment. Guide students to analyze the norms of professional movements, imitate the key points of movements, and improve their professional skills. In addition, teachers should make full use of the mixed teaching mode, transfer the theoretical learning content online as much as possible, pay attention to solving knowledge problems and skill training offline, and guide students to develop the habit of self-study before class, problem solving in class and consolidating exercises outside class. Especially for professional and technical courses, such as massage and acupuncture, teachers can specially docking health service institutions, design offline simulation practice courses, and introduce real job cases, so that students can systematically understand the operation requirements and experience the application needs of knowledge in practice by means of group rotation training, so as to improve their knowledge understanding ability, application ability and practical technical level.

III. The conclusion

In summary, based on the needs of the new era, promoting the teaching reform of sports rehabilitation major in colleges and universities will affect the implementation of the strategy of healthy China, the development of large health industry and the employment of professionals. Therefore, colleges and universities should, on the basis of the construction of sports rehabilitation major, review the teaching situation of the major, combine the level and advantages of the school, promote and popularize the training direction of professional talents, and call on the whole society to support the construction and development of the major. To be specific, it is necessary to deepen the whole society's understanding of sports rehabilitation, form a more scientific and reasonable professional curriculum system and personnel training objectives, improve the quality of teachers' teams, and better promote the reform of professional teaching and the innovation of teaching mode by increasing social popularization, optimizing the professional curriculum, expanding the teaching team and reasonably innovating teaching methods. Highlight the characteristics of professional talent training, and output application-oriented talents that meet the needs of the social health industry.

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