

Exploration and Reflection on Characteristic Specialty Construction

—Taking the Exercise Rehabilitation Specialty of Wuhan Business University as an Example

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Abstract—Along with the constant promotion of national fitness strategy and increasing demands of health service market, exercise rehabilitation, as the interdisciplinary specialty of sports and medicine, is experiencing the rapid development and it has been gradually established in physical colleges, medical colleges, normal colleges and other comprehensive colleges. This paper, regarding Wuhan Business University as the research object, investigated and analyzed the current status of national college exercise rehabilitation, put forward the thoughts of constructing the exercise rehabilitation and provide references for talent training in regional exercise rehabilitation specialty by means of rationally positioning professionals, strengthening teacher training, and pushing forward the establishment of laboratory training rooms.

Keywords—Exercise rehabilitation specialty; Characteristic; Construction

I. INTRODUCTION

Talent training is essential to colleges, and its level is the fundamental standard to a university educational level. Specialty is the basic unit of talent training, and the construction of advantageous specialty, which is a vital part of specialty, is of great significance to improving talent training in colleges. By the end of 2017, there had been 56 colleges launching the exercise rehabilitation specialty, including physical colleges, medical colleges, normal colleges and other comprehensive colleges. Wuhan Business University, at the beginning of launching this specialty, should consider how to connect real and regional characteristics to manifest specialty characteristics, improve the quality of talent training and serve the development of local economy and society.

II. CHALLENGES FACED BY WUHAN BUSINESS UNIVERSITY FOR ESTABLISHING THE EXERCISE REHABILITATION SPECIALTY

People have higher pursuit for life and life quality along with the improvement of modern life quality and the development of technology. National fitness strategy is

constantly promoted and the demand of health service market is increasing bigger. So, it is necessary to train professional talents mastering “connecting sports and medicine” for positively solving the aging of population, greatly developing health service and physical industries, and deeply pushing forward national strategies of “National Fitness Program” and “Powerful Sports Nation”. National rehabilitation specialty is experiencing rapid and thriving development. By the end of 2017, there had been 56 colleges with this specialty, including physical colleges, medical colleges, normal colleges and other comprehensive colleges. However, there has been the problem of “homogenization” in related talent training. The training objective is rather single, for example, most colleges have “fitness instructors”. Some colleges confirm the training orientation as “rehabilitation therapist”. However, medical agencies have bias with graduates of exercise rehabilitation due to the deficiency of conferring degrees, training objectives, course setting plans, laboratories and internship places. Especially after 2016, graduates of rehabilitation therapy in medical colleges have gradually found their jobs, but those graduates in physical colleges will face bigger challenges. Guided and affected by national education policy, there will be more colleges bidding for this specialty and more students enrolled. Therefore, it’s necessary for Wuhan Business University to cater to the development trend of social economy and overcome the problem of lacking specialty in current exercise rehabilitation talent training.

III. THE OPPORTUNITY FOR WUHAN BUSINESS UNIVERSITY TO ESTABLISH THE EXERCISE REHABILITATION SPECIALTY

As national fitness promoted to national strategy, especially the issuing of Outline of Health China 2030, it means gradually maturing social opportunity of developing massive health industry, appearing service mode of integrating sports, medicine and non-medical healthy intervention, rapid emerging of health and management service industry, and increasing demands with exercise rehabilitation professionals. In Jan, 30, 2018, the Ministry of Education published National Standards for Teaching Quality of Undergraduate Specialties in Regular Institutions of Higher Education, which was the first national standard for assessing the teaching quality in colleges, covering

all of 92 undergraduate general subjects and 587 specialties (including the exercise rehabilitation specialty) in the undergraduate specialty catalogue of ordinary universities. So the issuing of national standard provides quality guarantee and opportunities for related talent training.

A. Increasing demand for exercise rehabilitation talents under the background of aging society

At present, China has entered an aging society. There have been 221 million people aged more than 60, and the number of the aged who are diagnosed with various chronic diseases and not able to take care of them is constantly increasing. Current service for the aged has failed to meet the demands and even has a great shortage. At present, there are over 33 million old people who are totally or half disable. Those aged people who need the rehabilitation will form a more enormous group in future. According to the statistics, there was less than 20 thousand rehabilitation staff. In addition, China's community rehabilitation and rural health are experiencing gradual development. The Ministry of Health guided that the service of rehabilitation and medical service should belong to the important content of communicate health service. Therefore, a large number of community rehabilitation therapists will be needed in future. The training scale of professionals in national colleges is far away from the rapid demand growth with rehabilitation talents in aging society, which leads to further contradiction between rehabilitation training and market demand.

B. Increasing demand with technical professionals of exercise rehabilitation from the mass in our national fitness plan

National health, the significant expression of national comprehensive power, is the important mark of economic and social development and progress. And national fitness is the vital mean and method for realizing national health. So the implementation of national fitness is an essential development strategy in China. The State Council issued National Fitness Plan from 2016 to 2020 in Jun, 2016, which required deepening physical reform, developing massive sports, promoting national fitness trend and promoting a healthy China. It also clarified that by the end of 2020, the physical fitness sense of the mass should have been strengthened, and the number of people joining physical exercise should have been obviously increasing. There should have been 700 million people who do exercise more than once a week, and 435 million who often do exercise. Along with the full manifestation of the educational, economic and social functions of national fitness, it has been the driving force for promoting physical industry, stimulating domestic demand and forming new economic growth points. In the process of implementing national fitness plan, related professionals can have access to assessing the risks of doing exercise, testing exercise abilities, guiding scientific methods, preventing and protecting hurts and curing relevant injuries. There will have a continuing growth of the demand with comprehensive talents of exercise rehabilitation in future as more and more people choose to positively do exercise.

C. Increasing demand for exercise rehabilitation professionals among patients in rehabilitation medical institutions of health undertakings in China

With the change of modern lifestyle, hypertension, diabetes, hyperlipidemia and obesity have been increasingly common. There are about 200 million patients with chronic diseases in current China. And the sample survey data showed that the total number of various disabled people is 82.96 million, among which there are nearly 50 million who need the rehabilitation demands. There is an annual growth of more than 1 million disabled by traffic and industrial accidents. And most of them need rehabilitation. Recent years, the Ministry of Health, the Ministry of Civil Affairs and the Ministry of Education, the China Disabled Persons' Federation and government at all levels have paid great attention to the cause of rehabilitation. The Minister of Health issued a series of policies and regulations of Guidelines on Rehabilitation and Medical Care during the 12th Five-year Plan and Basic Standards in Rehabilitation Hospitals in China, which have greatly, promote the rational and formal development of national rehabilitation cause. The CDPF has 30 provincial-level and 92 prefecture-level rehabilitation centers, and more than 4,000 at the county level. There are over 19,000 rehabilitation institutions for all disabled people in China. However, due to the severe shortage of rehabilitation professions in all related institutions, hospitals and community health service centers, the rehabilitation service lacks professional, and relevant agencies cannot give full play to their own functions. The shortage of rehabilitation talents has become the biggest problem in the development of this course.

IV. THOUGHTS AND SOLUTIONS TO CONSTRUCT SPECIALTY OF EXERCISE REHABILITATION IN WUHAN BUSINESS UNIVERSITY

At present, the relevant colleges with this specialty in China can be divided into three kinds: the first is the rehabilitation specialty in medical colleges; the second is exercise rehabilitation and health specialty in physical and normal colleges; the third is vocational and technological colleges as well as training schools in civil administration system. Since the exercise rehabilitation specialty belongs to the sports, two thirds of colleges with exercise rehabilitation are physical colleges. So the core of exercise rehabilitation specialty construction and development as well as the essence to distinguish from that in medical colleges is how to give full play to the advantage of sports in sports injury protection, exercise therapy and health protection.

The school orientation of Wuhan Business University, based in Wuhan, Hubei, is to establish a serving talent training base featuring the business, multiversity and application, and it is to face modern service industry and provide applicant talents for local economic and social development. Its training objective is according to the requirement of modern health industry, including basic theoretical knowledge of exercise rehabilitation, exercise science and health management. Related talents are required to master modern health education, exercise rehabilitation and rehabilitation guidance. In addition, they should be qualified for the position in health management institution, exercise rehabilitation institution, community scientific fitness guidance and service station, national fitness

technology and innovation platform, fitness club and sanatoriums. Applicant superior professions are supposed to work at exercise rehabilitation therapy, sports injury protection, health management, health life (behavior) guidance and physical health monitoring. Therefore, the difference of its construction thoughts with those in other colleges is that it should connect the background and trend of local physical industry development to make the exercise fitness and health managers as the orientation. On this basis, it is supposed to refer to talent training mode existing in leisure sports and social sports, and integrate equestrian education resource to properly increase specialized courses like equestrian rehabilitation therapy and optimize subject construction. As a result, these three specialties can be complementary and penetrated with one another.

1. Rationally orient the exercise rehabilitation and create the development direction for specialized specialty. It should be oriented with talent training, led by disciplinary construction, and guided by talent market and social demand to realize the coordinated development of teaching and scientific research. The skills and abilities with sports injuries protection and health guidance should be highlighted on the basis of mastering modern rehabilitation physiotherapy technology.

2. Strengthen teacher training and talent introduction to form a double-quality teaching team. Teacher training should be firstly solved. Foreign clinical rehabilitation physicians can be employed to teach students with their professional class, and give students more opportunities to practice clinical rehabilitation therapy. At the meantime, conditions should be created to gradually train a group of teachers' expert in both medicine and sports.

3. Promote the construction of laboratories and training rooms to further improve the professional conditions for running colleges. It is supposed to construct distinctive experiment teaching system that can meet the demand of exercise rehabilitation professionals' abilities and qualities, and

create a good experimental and practical teaching environment for students by means of advantageous resources both inside and outside the college.

V. CONCLUSION

Currently, the specialty of exercise rehabilitation is enjoying rapid development in our country, but the annually increasing colleges launching this specialty cannot meet the demand of social development; meanwhile, some of them failed to timely adjust "levels" and "features", create differentiated development and promote professional core competitiveness. On the basis of researching other colleges with exercise rehabilitation, Wuhan Business University should be clear about the specialty orientation, integrate college superior resources, fully use its own advantages, and gradually form its own features to meet social demands and serve regional economy.

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