

Research on the Training Mode of Health Service and Management Talents Based on the “5G” Era

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Abstract—Entering the “5G” era, health service and management majors should focus on training professionals who meet the needs of the health industry in the new era. Research is based on the actual needs of talent training in the “5G” era have analyzed the positioning of current health and management talent training models. The research provides positive measures such as clear professional training objectives, active adaptation to social needs, construction of special professional course content system, highlighting professional characteristics, strengthening practical ability training, and building innovative skill platforms.

Keywords—“5G” era; talent training; health service and management

I. INTRODUCTION

“5G” is the abbreviation of the fifth generation of mobile communication technology. It is the latest generation of cellular network developed based on the original 4G, 3G, 2G system and with the gradual expansion of computer information communication technology application scope and gradual performance improvement. Compared with the previous communication technology, “5G” technology has huge advantages in data operation speed, system capacity, device connection range, etc., which can effectively reduce network delay time, save energy and help reduce costs. At present, “5G” technology has officially entered the commercial era on a global scale. With the rapid development of AR, VR, regional chain, artificial intelligence, internet of vehicles, internet of things and other industries, it has put forward higher requirements for network speed. “5G” has become the first choice for its development. With the multi-party promotion and huge market demand, the future development trend of “5G” is very good. With the social development, the general improvement of people's lives and medical standards, China's aging process has accelerated, the disease spectrum has changed, and chronic diseases, occupational diseases, and lifestyle diseases have increased. The shift from “health-led” to the concept of “passive” to “active” has been widely accepted by the public, and a large health industry that covers health services such as medical care, rehabilitation, nutrition guidance, fitness and leisure has gradually become a national and regional economic development. An important industry that protects people's livelihood [1]. Needless to say, talent is the key to industry development. In 2013, the State Council promulgated the “Several Opinions on Promoting the

Development of the Health Service Industry”, which clearly pointed out: increase the training of talents and vocational training, support higher education institutions to set up disciplines related to the health service industry, and guide relevant universities to reasonably determine the scale of relevant professional personnel training, standardize and speed up the training of health managers and other practitioners. In this context, with the widespread application of “5G” technology, efforts to promote the construction of health management disciplines, enrich the connotation of health management disciplines, and cultivate health management talents that meet the urgent needs of society, have become the professional education of health services and management in Chinese universities new subject.

II. HEALTH AND MANAGEMENT TALENT TRAINING MODEL POSITIONING IN THE “5G” ERA

A. Sorting out the Training Objectives of Health and Management Professionals at Home and Abroad

Health management first appeared in the United States in the 1970s. In many European and American countries, health management has gradually developed into a more systematic, complete and standardized discipline system [2]. In China, with the implementation of the “Healthy China” strategy, the health industry has gradually developed and expanded. In order to meet the society's demand for health services and management talents and solve the problem of shortage of health industry talents, the Ministry of Education has approved fifty More than one college of higher learning offers a four-year undergraduate major in health services and management, awards a degree in management, and is committed to cultivating students into applied, skilled, and compound professionals serving the health industry [3].

B. Analysis of Current Positioning of Health and Management Professionals

The profession is positioned in the profession, and changes in the times will inevitably bring about changes in profession. Internet technology is becoming more and more perfect, the “5G” era has become the main theme of the development of the era, “Healthy China” strategy provides a grand blueprint for people's future healthy development. The major of health

service and management is also an inevitable industry for the development of the times. At present, many universities have been advancing with the times in China. The universities that set up such majors are mainly limited to medical departments and sports departments. Through consulting literature and expert interviews, the study found that with the advancement of the "Healthy China" strategy, the changes in people's health needs of our people are also reflected in people's emphasis on health management. The popularization of social health education and the development of health information have prompted people to take health management as an important part of personal health literacy. Health management has become a new requirement for modern people to improve the quality of life and promote health. In our country, health care costs due to health problems continue to rise. According to data from the National Bureau of Statistics, China's per capita health care costs. It was 875.96 yuan in 2007, and rose to 3006.86 yuan in 2019, which became a major obstacle to the construction of a well-off society in China. Health management is the improvement and management of the health of individuals or groups. Through "health information collection, health testing, health assessment, personalized monitoring health programs, and health interventions", disease prevention is achieved, medical expenses are reduced, and fewer illnesses and health promotion purpose [4]. Foreign studies have proved that one dollar of physical activity investment is equivalent to ten dollars of disease prevention investment. If the residents exercise weekly 3TimesMore than 30 minutes of moderate-intensity exercise can reduce 10%Medical expenses. In fact, under the guidance of the comprehensive fitness strategy, the residents of our country mobilized people to actively strengthen health education and the management of health risk factors through the "non-medical health intervention" of fitness, which not only produced good social and economic benefits, but also helped development of the health service industry in China [5]. Under the current social development background, the health service and "5G" technology are increasingly integrated in China. The effective path of "Healthy China" has not only promoted the reform of college health service and management professions, but also cultivated the professional talents needed for the development of health service and management industries [7].

III. INNOVATIVE STRATEGIES FOR THE TRAINING MODEL OF HEALTH AND MANAGEMENT TALENTS IN THE "5G" ERA

A. Clarify Professional Training Objectives and Actively Adapt to Social Needs

With the advent of the "5G" era, the health industry is gaining momentum, and "artificial intelligence + health" and "big data + health" will become the main signs of the era's progress. The major of health service and management is a new major formed by the integration of fitness science and health science. It is a product of the current stage of the development of the health industry in China, and a new major created innovatively to meet the growing scientific fitness and health needs of the current people. It can be seen as a major differentiated from the sports and human science major, but it is by no means an extension major in sports and human science. The two have different professional positioning and training

goals. However, professional development is more focused on the organization and management of social sports or community sports activities, and has the characteristics of social welfare; while the health service and management profession is more focused on the teaching of public fitness skills and health management guidance, and has the characteristics of market private benefits.

The goal of professional training is the design of the direction and requirements of talent training, and the determination of the goal of professional training largely determines the work field and employment direction of students after graduation. The training goal of the health service and management major is to train compound fitness instructors who understand fitness theory and practice and health management knowledge to meet the needs of the fitness industry in China. With the development of the fitness industry and the improvement of the people's awareness of health management, traditional fitness instructors who mainly teach sports skills as professional features can no longer meet the personalized and diversified health needs of the fitness market. Fitness people require that fitness instructors not only have In addition to good sports fitness knowledge and skills, it also needs to have a wealth of sports medicine, sports nutrition, health management knowledge, can provide fitness scientific knowledge guidance, physical training and evaluation, nutrition guidance, sports prescription formulation and other health management aspects. Services to meet people's health needs. The health service and management major has strengthened the professional quality and professional ability of health service and management professionals through systematic professional learning in colleges and universities, and has an inestimable effect on improving the national health level.

B. Build a Characteristic Professional Course Content System, Highlight the Professional Characteristics

The mobile Internet technology in the "5G" era is more mature, and information-oriented healthy thinking will become an indispensable method. Curriculum setting is an important part of professional construction, and it is the essential content that determines the knowledge and ability structure of students, which will have the most direct impact on talent training. Since the health service and management major is positioned to train high-quality compound talents who meet the needs of the current health industry development, and these talents must master theoretical knowledge and basic skills in fitness science and human health science, the professional curriculum should meet the needs of society. The requirements for talent ability, that is to say, must be based on "social needs as the premise and market-oriented".

To build a curriculum system for health service and management majors, it is necessary to scientifically deal with the structure and relationship of courses such as public basic courses, professional basic courses, professional core courses, professional elective courses, and professional practice courses, to avoid the duplication of similar courses and select professional courses , Highlight professional characteristics, curriculum design should strengthen the connection with market demand, and dynamically adjust as market demand changes. At the same time, the logic and rationality of the

course should also be considered, so that the professional basic theory courses and professional core courses are relatively unified to promote the development of teaching and student learning; in addition, the professional subject courses and practicality must also be reasonably arranged. The proportion of course hours, highlighting the professional “practical, practical and comprehensive” characteristics.

C. Strengthen Practical Ability Training and Build an Innovative Skills Platform

As the “5G” era marks the step into the information society. Health service and management students must not only have solid theoretical knowledge and skills in health management, nutrition, kinematics, psychology, traditional Chinese medicine and health care through the cultivation of practical skills, but also achieve health through graduation through special skills training. License ability of management division, psychological consultant, nutritionist, etc. In the practice teaching, the training method combining the skills training in the on-campus training room with the off-campus internship and internship is adopted. On-campus practical training mainly includes teaching methods such as simulation experiments, case studies, and skills operation drills. When studying related courses, students can be arranged to go to employment for professional training. In the fourth grade of university, students can choose their own employment direction, arrange for professional internships in general hospitals, health management companies, health checkup institutions, community health service centers, pension institutions, etc., and adjust courses according to the needs and feedback of employers. The system, training plan, internship outline, etc., make the trained health management talents more adaptable to the needs of society.

IV. CONCLUSION

The gradual maturity of “5G” network technology marks the real arrival of the information technology era. By linking “5G” with health service and management majors, the connection between society and universities can be maximized, and the two can promote the supply-side structural reform of social talents based on information exchange. In the process of health service and management personnel training, colleges and universities should be guided by market demand, take professional positions as the framework, combine students' interests and development directions, and gradually improve talent training programs with professional characteristics to cultivate strong capabilities and high quality. Application talents to meet the society's demand for health service and management professionals and promote the development of the health industry.

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