

Research on the Development Path of Exercise Prescribers Under the Background of Physical and Medical Integration

Tao Sun, Xiufeng Zhao*

Taishan University, Taian 271000, Shandong Province, China

*Corresponding author: Xiufeng Zhao, zhaoxf2003@126.com

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Abstract

With the enhancement of health consciousness, the integration of sports and medicine has gradually become the focus of social attention. As a key force in the integration of sports and medicine, the career development path of exercise prescribers is particularly important. This paper aims to explore the career growth track of exercise prescribers in the integrated environment of sports and medicine and put forward strategies and suggestions to promote their development, aiming to provide guidelines for the career planning of exercise prescribers.

Keywords

Integration of sports and medicine
Exercise prescriber
Development path

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1. Introduction

In modern society, with the acceleration of life and the increase in work pressure, health issues have attracted increasing attention. As an innovative health management mode, the integration of sports and medicine integrates the concepts and methods of sports and medicine, opening up a new way to maintain and promote people's health. In this context, as an important participant in the practice of physical and medical integration, the professional skills and development approaches of exercise prescribers are of key significance for deepening the practice of physical and medical integration. Therefore, the research on the development path of exercise prescribers under the integration of sports and medicine can not only improve their professional quality and service level but also

provide strong support for the construction of a national health management system. This paper will discuss this topic in depth and put forward corresponding strategies and suggestions.

2. The concept of the “integration of sports and medicine”

The integration of sports and medicine refers to the deep combination of sports and medicine to achieve close cooperation and seamless connection between the two sides. This model breaks through the boundary between traditional sports and the medical field, integrates the fitness efficiency of physical exercise with the healing and rehabilitation function of medicine, and is committed to providing more comprehensive and personalized health

management services for the public. In this model, a professional medical team and sports guidance experts cooperate closely to design plans that meet the needs of the individual. These plans are designed according to personal physical condition, exercise habits, and health goals, involving appropriate movement type, intensity, frequency, and nutrition guidance, ensuring that movement is safe and effective, and improving the effectiveness of treatment and rehabilitation.

The main advantage of physical and medical integration is its comprehensiveness. Combining the power of sports and medicine, the overall health level of individuals can be further evaluated and improved. This model not only focuses on physical exercise but also focuses on nutritional intake, mental health, and other elements, aiming to promote people's overall physical and mental health. In addition, the integration of sports and medicine also shows high flexibility, providing customized services according to the characteristics of different individuals to meet the health needs of all groups of people. Whether they are patients who need to recover or healthy individuals who are in pursuit of higher physical quality, they can find health solutions that suit their situation through the integration of sports and medicine.

3. Analysis of the development status of exercise prescribers

The profession of exercise prescriber is still in an emerging stage in China, and the current development is still preliminary. Even though the recent increase in public health awareness has led to an increased demand for this profession, the number of professional exercise prescribers is still limited, especially at the grassroots level. In addition, exercise prescribers should master professional knowledge including exercise physiology, nutrition, anatomy, etc., and be able to design personalized exercise plans according to the needs of different clients. However, the current training and certification system for exercise prescribers is not yet complete, resulting in some practitioners lacking the necessary professional knowledge and practical experience. Although the government and all sectors of society have begun to pay attention to and support the career development

of exercise prescribers, the relevant policy support, financial investment, and publicity efforts still need to be further strengthened. At the same time, the public's understanding and recognition of the role of exercise prescribers also need to be improved, which restricts the further development of the profession to some extent.

4. Strategies for the development of exercise prescribers in the context of physical and medical integration

4.1. Optimizing the operation mode of sports and medical integration

In the process of exploring the integration model of sports and medicine, it is not only necessary to evaluate the positive impacts but also to deeply analyze the potential challenges. This model of integration is committed to promoting the physical and mental health of individuals by complementary means, but it may be restricted by problems such as unbalanced resource allocation and regional development differences in the specific implementation. China has a vast region, and there are significant differences in the distribution of medical and sports resources in different regions. Especially compared with big cities, related resources in remote areas are often relatively scarce, leading to various challenges in the promotion of the physical and medical integration model^[1].

In order to effectively promote the deep integration of sports and medicine, differentiated strategies must be formulated according to the actual situation of each region. Resource-rich areas should optimize resource allocation to improve efficiency and benefit more people, while resource-poor areas need to increase investment, improve infrastructure, and reduce regional gaps. At the same time, the common goal and value of physical and medical integration should be clarified, that is to promote human health and well-being. Through deep cooperation, sports and medicine can complement each other and maximize their potential. For example, physical activity can enhance physical fitness and improve immune function, while medicine can provide professional treatment and rehabilitation guidance. Such synergies can not only significantly improve the public health indicators, but also promote the mutual advancement of sports and medicine.

4.2. Maximizing the role of the education system and incorporating exercise prescription into the school education system

The Ministry of Education can position colleges and universities as the core platform for cultivating and promoting exercise prescription, integrate their content and related courses into the core curriculum system of medical colleges and sports major college students, and further include the relevant chapters of exercise prescription into the key content of the textbooks of the 15th Five-Year Plan. In line with the principle of deep integration of sports and medicine, when formulating the training program for sports prescription professionals, sports training courses should be added for medical students, and medical courses related to prescription formulation and risk assessment should be added for students in sports colleges. At the same time, schools are encouraged to build “medical-sports-education” training bases, train students majoring in medicine and physical education to become the disseminators of physical education and medical integration content and popularize relevant knowledge to students and their parents. Schools should strengthen the cultivation of “double-qualified” teachers, and encourage medical school teachers and physical education teachers to play the “double” main role in the promotion and research field of exercise prescription. Schools should also organize large lectures related to exercise prescription and regularly arrange expert exchange meetings to promote the exchange of experience and knowledge sharing.

4.3. Innovating the service models and enhancing the functions of exercise prescribers

In the current medical practice, the implementation of “exercise prescription” for patients with sub-health conditions and chronic diseases to promote their treatment and rehabilitation effect has been widely recognized and promoted. The therapy requires patients to adhere to regular physical activity, otherwise, the positive effects may be lost by the interruption. However, we have to face a thorny reality: once patients are discharged from the hospital, they often lack follow-up professional institutions or community support systems to guarantee their continuous course

of exercise. This lack of service continuity can easily lead to non-continuity or even complete interruption of exercise therapy, which then weakens the long-term treatment effect of exercise prescription. Therefore, we should innovate the service model so as to adapt to its development ^[2]. Aiming at the service model of exercise prescribers, innovation has become the core driving force for their career development. The traditional service model mainly focuses on providing customized exercise recommendations for individuals. However, in a diversified modern society, the public has various demands for lifestyle and health, and more flexible and diversified service solutions are urgently needed. For example, online sports guidance can be adopted to provide convenient services for urban residents with fast pace of life with the help of modern information technology. Team sports courses can also be designed to cater to their preferences for social interaction and group activities. In addition, exercise prescribers should actively collaborate with other medical professionals to develop comprehensive personalized health plans for patients. Interdisciplinary cooperation can not only give full play to the complementary advantages of professions but also provide patients with comprehensive and scientific health management services. In order to improve the popularity of services and public acceptance, exercise prescribers should strengthen the promotion of health education, popularize the health benefits of sports through various media, assist the public in establishing a correct cognitive view of health, and encourage them to actively participate in sports activities.

4.4. Deepening practical activities and promoting the development of scientific research

In the environment of the integration of sports and medicine, the career development of exercise prescribers is particularly critical. Actively promoting their professional practice can not only improve the professional skills of exercise prescribers but also effectively promote the in-depth implementation of the concept of physical and medical integration ^[3]. Firstly, practice is the fundamental way to verify true knowledge. Exercise prescribers need to accumulate valuable experience through a wide range of practical activities, and constantly optimize and innovate

exercise prescriptions to meet the specific requirements of different patients. For example, participating in community health promotion programs, providing customized exercise guidance programs for elderly groups or patients with chronic diseases, and improving their health status with the help of scientific exercise methods. Secondly, scientific research is a key tool to promote the professional development of exercise prescribers. Through in-depth scientific research, the basic principle, action mechanism, and effect evaluation of exercise prescription can be fully revealed, so as to provide a solid theoretical basis and guiding principles for the practical activities of exercise prescribers. For example, clinical studies are conducted to compare and analyze the efficacy of different exercise prescriptions in the treatment of chronic diseases, so as to provide a more precise basis for the scientific implementation of exercise prescriptions.

5. Conclusion

The integration of sports and medicine is a major development direction in the field of health management. Studying the development path of exercise prescribers has a profound impact on deepening the practice of physical and medical integration. By implementing the optimization of the operation mode, maximizing the functions of the education system, innovating the service model, and promoting the practice strategy, the career growth of exercise prescribers can be promoted, the overall service quality of the integration of sports and medical care can be improved, and more comprehensive and professional health security can be provided for society. At the same time, we should also realize that the integration of sports and medicine is a diversified and complex system of engineering, and its healthy development needs the joint efforts and support of the government, society, educational institutions, and individuals.

Disclosure statement

The authors declare no conflict of interest.

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