

The Investigation about the Current Situation and Reform of the Peking University Health Science Center under the “Combination of Sports and Medicine”

Feng Lu, MSc

Peking University, Beijing, China

350772516@qq.com

Objective: To understand the current status of physical education in Peking University Health Science Center under the background of "Combination of Sports and Medicine" and to discuss the problems and suggestions for the reform and development of physical education. **Methods:** A questionnaire survey was used to investigate teachers in the Department of Physical Education and Health and students who have taken physical education classes at the Peking University Health Science Center. The survey results were compiled to understand their views on the status of physical education in Peking University Health Science Center, as well as their knowledge of the "Combination of Sports and Medicine." **Results:** "Improve students' physical and mental health" and "Cultivate lifelong physical education thoughts" were the educational concepts reported the most by teachers. However, students gained less from "learning fitness methods." Most teachers and students do not have a thorough understanding of the content of a "Combination of Sports and Medicine." The lack of knowledge of sports and medical integration and the insufficient number of physical education teachers are the main factors affecting the reform of physical education. **Conclusions:** To accelerate the process of reform of physical education, the teaching of physical education in medical colleges and universities should be changed. The goals should be clear, and improve the teaching facilities and hardware facilities, the powerful resources of medical colleges should be fully utilized, and strengthen the supplement of medical knowledge of physical education teachers, to optimize and enhance the level of teachers.