

# Theoretical research on healthy development of sports based on human adaptation

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**Keywords:** Human adaptation; Sports healthy development theory; health education

**Abstract:** Social development has brought about great changes in people's production and lifestyle, fundamental changes in the spectrum of diseases and causes of death around the world, the awakening of people's health awareness, the growth of health demand, and health education need to be strengthened. Health is an element of human survival and development. It belongs to individuals and society. The concept of health is constantly evolving and improving with the development of society and scientific progress. With the development of modern medicine, people have a more comprehensive and complete understanding of the concept of health. With the continuous improvement of people's living standards, people pay more and more attention to their health, so sports rehabilitation and health specialty become more and more popular. The concept of modern health includes two contents: physical health and mental health. This paper introduces the main contents of sports rehabilitation and health specialty, summarizes the current research status of sports rehabilitation and health at home and abroad, and summarizes the strengthening of the theory and practical application of sports rehabilitation and health specialty from several aspects in view of the specific problems existing in the process of professional development, which can provide basic guidance for the development of sports rehabilitation and health specialty in the future.

## 1. Introduction

With the deepening of China's modernization process, people pay more and more attention to their own health, which makes the development of modern rehabilitation medicine very rapid, and people pay more and more attention to the relationship between sports and health [1]. In order to meet people's needs and deliver more talents in this field to the society, many universities and medical schools have set up sports rehabilitation and health majors. However, due to certain differences between theory and practice, there are still many problems in this research [2]. Health is an element of human survival and development. It belongs to individuals and society [3]. In the past, it was generally believed that "health is without disease, and disease is not health" [4]. With the development of science and the changes of the times, the modern concept of health tells us that health no longer only refers to sound limbs, no disease or weakness. In addition to the health of the body itself, it also needs a sound mental state [5]. It can be said that the meaning of health is diverse and quite extensive [6]. Developing sports and improving people's health is a basic national policy in China. Sports, as a means to improve people's health, has become a cause of national concern [7]. Health has always been a social ideal that human society has been eager to realize for thousands of years [8].

In order to achieve the goal of health, people have tried and developed various means including medicine and sports, and created rich culture [9]. With the deepening of the modernization of science and technology, the development and progress of sports and modern rehabilitation medicine are also faster and faster, and people pay more and more attention to the research on the relationship between sports and medical rehabilitation [10]. In order to meet the social needs for sports and rehabilitation and cultivate talents who can engage in relevant work, many colleges and universities and medical schools have set up sports rehabilitation and health majors. The role of sports in health is well known. Sports and medical health are inextricably linked in many aspects such as purpose, task and function, but the research on the combination of sports and health education still lags behind the needs of practice in our country. Due to historical reasons, China's sports has paid

attention to the development of high-level sports for a long time, but paid relatively little attention to people's health. Accordingly, the abnormal expansion of Sports Human Science in the field of competitive sports in China is in sharp contrast to the abnormal shrinkage in the field of mass sports. People need health, health needs sports. However, generally speaking, there are few studies on sports and health education, which can not meet the needs of social development, and many researchers are non sports people, and the research depth and breadth are not enough. In the field of sports, this problem has not attracted enough attention.

## **2. The relationship between sports and health**

### **2.1. Health and health education**

A healthy body is a prerequisite for personal happiness and career success. Many great thinkers in history have made incisive discussions on health. The American philosopher Emerson believes that health is the first wealth of life. British educator Locke stressed that without health, there can be no happiness. German philosopher Schopenhauer vividly pointed out that a healthy beggar is happier than a sick king. In different historical periods and different medical times, people have different understanding of health and pursue different health goals, but they basically adapt to the progress of medicine and the development of medical model. In primitive society, the main dangers facing human health were hunger, beasts and natural disasters. At this time, people's understanding level is very low, and they can't scientifically answer the occurrence of diseases and disasters. They think that everything in the world is dominated by supernatural gods, disease is the punishment of gods or the attachment of demons, and life is the gift of gods. They can only pray to the gods for health. This is the view of health under the medical model of deism. With the development of productive forces, human basic living conditions have been improved, human cognitive ability has been improved accordingly, and there has been a certain degree of perceptual and rational understanding of the influencing factors of health. At the same time, disease has increasingly become the main enemy threatening human health. "No disease is health" has become the health concept under the medical model of natural philosophy, mechanical medicine and biomedical model. With the development of medical science and the change of disease spectrum and cause of death spectrum, biomedical model has gradually exposed its limitations. It is recognized that there are many important psychological and social factors besides biological factors. The manifestation of disease has developed from single cause and single effect to multi cause and multi effect, and the medical model has also changed from biomedical model to biological, psychological and social medical model.

### **2.2. Physique and health**

Physique and health are two different concepts. Physique is the quality or quality of the body. It is usually divided into single qualities such as strength quality, endurance quality, speed quality and flexibility quality according to the characteristics of biomechanics. It belongs to the category of biology or anthropology and reflects the thinking of instrumental rationality, as shown in Figure 1:

Health is an individual's relatively intact state and happy experience based on the monism of body and mind. It belongs to the category of social medicine or hygiene and reflects more humanistic care. Strong physique is not necessarily healthy, on the contrary, healthy people may not be strong physique. However, these two concepts are often confused to varying degrees. The serious result of this confusion is that it blurs the essence, purpose and task of sports. In practical work, it blindly emphasizes "strengthening physique", which makes people doubt its necessity. Moreover, the principle of promoting health is not exactly the same as that of strengthening physique. The "slightest mistake" in understanding the basic concepts may lead to the "fallacy of thousands of miles" in practical work. Therefore, we should strictly distinguish the difference between physique and health. As a social activity and an independent subject, health education rose in the 1920s. Health education is the sum of all health knowledge, attitudes and habits that affect individuals, communities and races. Like general education, health education is related to the

change of people's knowledge, attitude and behavior. Generally speaking, it is committed to guiding people to develop healthy behaviors and make them reach the best health state. The focus of health education is for the people and their actions. Generally speaking, it is to induce and encourage people to develop and maintain activities beneficial to health or environment; Make rational and wise use of existing health care facilities; And consciously implement environmental activities to improve individual and collective health.

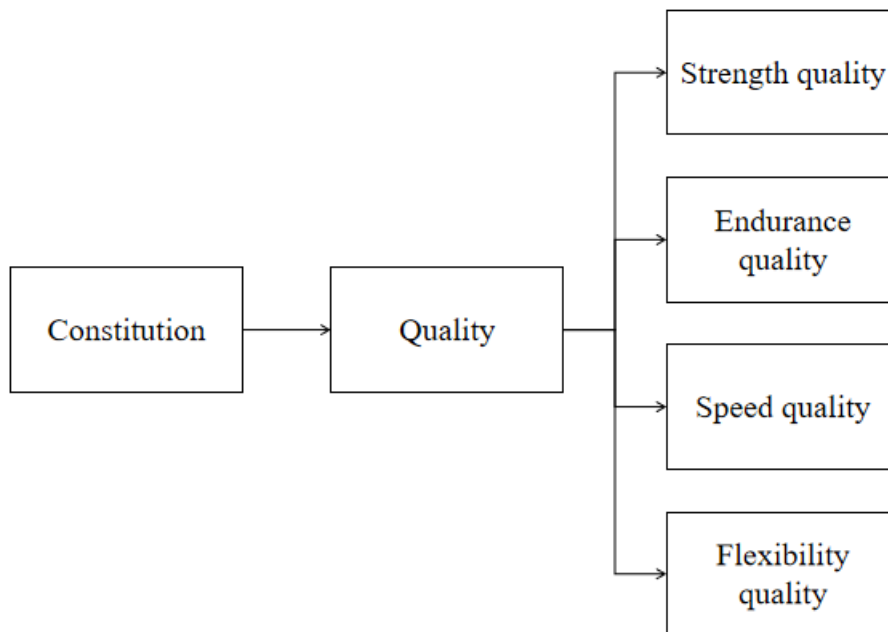


Figure 1 Concept of constitution

### 3. Strengthen the combination of practice and theory

#### 3.1. Improve the curriculum

The ultimate goal of sports rehabilitation and health specialty is to cultivate comprehensive and applied high-quality talents. Students' ability will directly affect their future work. Therefore, in setting the curriculum of sports rehabilitation and health specialty, we should reasonably allocate the proportion of various disciplines, especially the proportion between sports biology and basic medical disciplines, so as to ensure that students can receive scientific and reasonable educational contents in their study of this specialty and prevent additional lack of knowledge after participating in work in the future. At present, many different colleges and universities consider their own school advantages and have their own characteristics in the process of setting up sports rehabilitation and health professional courses, and set up professional courses in combination with their own teaching staff and discipline advantages, which will lead to differences in the proportion of compulsory courses, elective courses and experimental courses set up by different schools to a certain extent. In the process of setting up the curriculum, we should combine the development and needs of the society, constantly optimize and improve the curriculum, give full play to the advantages of different courses, and ensure that the overall structure of the curriculum can meet the requirements of the society. According to the needs of the market for professional students, set up professional elective courses to ensure that students can choose professional courses in combination with their own interests and hobbies, and ensure that elective courses can provide some help for future work. The school should also appropriately extend the experimental learning time to ensure that students have enough hands-on opportunities, so as to improve students' ability to combine theory and practice.

#### 3.2. Measures to strengthen health research in physical education

On the one hand, the development of human society is to create rich material and spiritual

wealth; On the other hand, with the progress of human civilization and the improvement of human development, as shown in Figure 2:

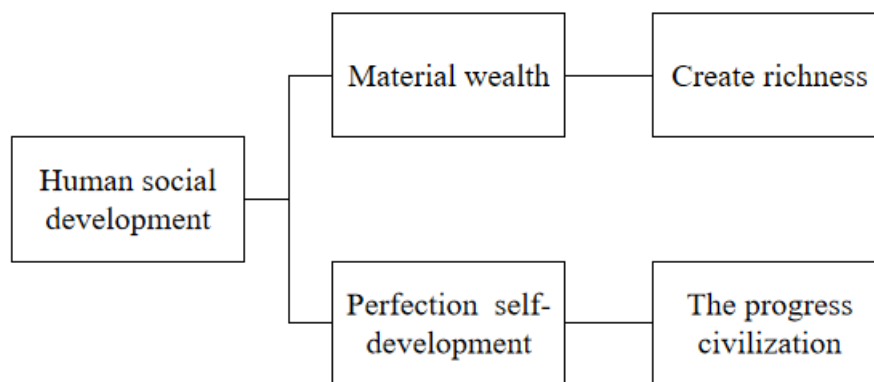


Figure 2 Development of human society

In the most fundamental sense, the progress of society and the development of civilization are for the sake of more comfortable and comfortable life and more free and comprehensive human development. Man's all-round and free development is the highest pursuit of human self-development. In a sense, the different historical stages of social development are necessary historical matting and preparation for the comprehensive and free development of human beings and the complete liberation of human beings. Sports, as a social and cultural phenomenon of human self shaping and self-improvement, its original significance is the natural transformation of human beings in order to realize the coordinated, balanced and healthy development of human body. Therefore, sports activities and production activities to transform the nature outside human body constitute two basic activities that are relatively independent and unified with each other. However, in different historical stages of human society, sports activities not only do not form the participation of everyone in the whole society in scale, but also often unconsciously deviate from the purpose of fitness in the direction of development, which is manifested in too many external utilitarianism. On the one hand, it is due to the constraints of the social nature determined by the social relations of production, on the other hand, it is due to the limitations of the material basis determined by the development level of social productive forces. Vigorously carry forward the humanistic spirit of sports, mobilize the enthusiasm and initiative of social members, put more work on the basis of people's spontaneity, consciousness and self-organization, and focus on self-conscious participation. Only by paying attention to the satisfaction of the needs of the main body, respecting the needs of different individuals and giving people the space to exercise their individual freedom, can sports really become a way of life and realize the socialization of sports.

#### 4. Conclusion

The neglect of health and health education is a common problem in the whole Chinese physical education discipline. Although the part of sports natural science based on sports human science is directly related to human health, the whole sports discipline should strengthen health research in order to truly realize sports as health. Sports rehabilitation and health specialty is developed on the basis of the continuous deepening of the current modernization process. People's attention to their own health also improves the development speed of sports rehabilitation and health specialty. In order to meet the growing demand for health, China has also set up many courses related to sports health, among which sports rehabilitation and health specialty is one. Mental health is a state in which individuals can maintain a good adaptability and efficiency in various environments. Through sports, promote the normal and healthy development of the body and provide a solid material foundation for psychological development. The purpose of self-worth can be achieved through sports. Sports activities can satisfy people's psychology of seeking novelty and surpassing themselves, free vent people's tension, stimulate the release of people's biological potential and

improve people's self sublimation ability. At the same time, sports can cultivate people's will and sense of cooperation and competition. In sports, interpersonal communication can promote the development of good interpersonal relations and the spirit of unity and cooperation.

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