

Problems and Countermeasures in the Training of Sports Rehabilitation Professionals Against the Background of Sports and Medicine in Pakistan

Ali Raza*, Aisha Siddiqua**, Xue Baohong***, and Fariha Majeed****

Abstract

Objective To explore the problems and countermeasures in the training of sports rehabilitation professionals in the background of sports and medicine. Method: The study was exploratory and descriptive by nature. A literature review, logical analysis, and discussion with players, coaches, and medical experts were used to gather information. Results: With the advent of the "big health era", the training of sports rehabilitation professionals has attracted more and more attention. However, the training model of my country's sports rehabilitation major has not kept pace with the times and has not been updated and developed in a timely manner. With the gradual advancement of the combination of sports and medicine, colleges and universities are required to follow the social environment to make changes in talent training to meet the talent needs of the combination of sports and medicine. Sports rehabilitation professionals should work to improve students' ability for practical training both inside and outside the institution. The training of sports rehabilitation professionals is determined by whether they are able to keep up with the changes of time or not. At present, there are problems such as slow update of training objectives, emphasis on theory rather than practice in the curriculum setting, narrow employment channels, and insufficient teaching resources and teachers. It is necessary for the government, the market, and universities to jointly determine the goals of talent training, reasonably set up corresponding courses, and provide corresponding resource guarantees. Conclusion: In Pakistan, professional rehabilitation personnel's training is related to personal training goals, corresponding curriculum setting, teaching

**Associate Professor of College of Physical Education Anhui Polytechnic University, China. Email: 2857008741@qq.com

**Student of Department of Physical Education Anhui Polytechnic University, China. Email: 3096197589@qq.com

*** Professor of Department of Physical Education Anhui Polytechnic University, China. Email: 691165361@qq.com

****Student of Department of Physical Education Anhui Polytechnic University, China. Email: farihamajeed@hotmail.com (Corresponding Author)

methodologies, and personnel evaluation, whether the practical part is missing most of the time. The government, markets, colleges, and universities should play their role in formulating the training goals for sport rehabilitation professionals, so that they can reach their full potential in the prevention, treatment, and rehabilitation of chronic diseases.

Key words: Combination of Sports and Medicine, Sports Rehabilitation Specialty, Personnel Training

Introduction

The 21st century is known as the "Great Health Era". In the context of "general health", with the improvement of living standards, people's lives have gradually entered a moderately prosperous life. The yearning for a better life and the desire for health have gradually changed people's definition of health, and people's health awareness is no longer limited to traditional concepts. Sports with the purpose of promoting and maintaining health are becoming more and more popular among people, and more and more people believe that the pursuit of health is the greatest wealth in life. However, since the implementation of the combination of sports and medicine in Pakistan is still in its infancy, there is still a shortage of compound talents who know both medicine and sports (Shaw & Shaw, 2021). How to promote the training of sports rehabilitation professionals in Pakistan to meet the need of the combination of sports and medicine to promote health has become an important issue in the training of sports rehabilitation professionals in colleges and universities, in the background of the combination of sports and medicine (Kumar, 2021).

Literature Review

1.1 The combination of sports medicine and the training of rehabilitation

Pakistan in the future, pointing out that the construction of a healthy Pakistan requires a more complete institutional system, more coordinated field development, more popular healthy lifestyles, and a higher level of health. As an important measure in the construction of a healthy Pakistan, the combination of sports and medicine will inevitably involve the cross combination of physical education and medicine (Elhoseny et al., 2021).

Specialized and applied talents are the key factors to promote the in-depth development of the combination of sports and medicine. With the increasing number of people with chronic diseases in Pakistan and the gradual excavation of the function of physical activity to intervene in chronic diseases, how to enhance the effective intervention effect of sports on chronic diseases and promote the combination of sports and medicine are the main requirements of the society for the training of sports rehabilitation professionals in my country (Heyong et al., 2021).

It is embodied in the fact that the talents with the combination of sports and medicine can actively carry out prevention and control, treatment, rehabilitation, and health care in the field of chronic diseases, promote the promotion of active and healthy lifestyles, and improve the physical quality of the whole people (Lopez-Barreiro et al., 2022).

Sports rehabilitation professionals, as application-oriented professionals who not only master the scientific theory and sports skills of human movement, but also are familiar

with modern rehabilitation treatment techniques, and understand sports injury protection, make up for the gap of professional talents in the combination of sports and medicine, and can effectively solve the problem of sports medicine in our country. In the process of combination promotion, the talent's knowledge and skills are not in place to meet the needs of society (Htay et al., 2021).

1.2 Countermeasures to improve the quality of sports rehabilitation professional training in Pakistan

Whether it is to adapt to the health trend of the times or to address the issue of the lack of skilled individuals with comprehensive sports rehabilitation, we urgently need to change traditional concepts, establish a correct way of thinking, and explore a new sports rehabilitation professional training model that meets the requirements of the times. Based on the current problems in the training of sports rehabilitation professionals in colleges and universities in Pakistan and the current situation of the training of sports rehabilitation professionals, countermeasures to improve the quality of sports rehabilitation professionals' training in Pakistan are proposed from the following three aspects.

Countermeasure 1: Improve the curriculum and strengthen the construction of professional teaching materials. Construct a curriculum system with skills training as the core, focus on the organic integration of sports rehabilitation practical courses and professional theoretical courses, reasonably set the proportion of theoretical courses and practical courses, and the proportion of elective courses and required courses, highlight the professional characteristics of sports rehabilitation, increase skill-based practical training, and improve students' practical ability. Gradually enrich teaching practice courses, increase the construction of practical training bases inside and outside the school, strengthen cooperation between brother schools, and share resources to provide a platform for students to practice their skills. Based on the basic situation of our school-based majors and the valuable experience at home and abroad, we scientifically introduce advanced teaching equipment and advanced teaching materials, and encourage teachers to devote themselves to research and compile school-based teaching materials suitable for students in our school-based majors.

Countermeasure 2: Scientifically position talent training goals. Each university in Pakistan should conduct a comprehensive survey of social needs and the employment situation of graduates based on its own characteristics and actual conditions of education at each level, and scientifically position the achievements, development deficiencies, and improvement opinions of sports rehabilitation professional education policies. By analyzing the literature, it can be found that most current studies generally propose reform opinions on higher vocational education policies from the following aspects: (1)

Differentiating education policies and regulations for secondary and higher vocational education, and giving full play to the unique role of higher vocational education in cultivating high-skilled talents. (2) Higher vocational education should be included in the category of higher vocational education, and a corresponding degree education system should be formulated. (3) Encourage teachers to start their own businesses and innovate, and lead students to enter the market. (4) Reform the talent training model and formulate a diversified evaluation standard system.

1.3 Problems existing in the professional training of sports rehabilitation in Pakistan

With the introduction of the combination of sports and medicine, the existing training of sports rehabilitation professionals in Pakistan not only meets the needs of the overall society in quantity, but also has obvious problems in the concept, system, and resources of training (Wang & Wang, 2021).

1.3.1 The training objectives were not adjusted in time

The rise of the field of the combination of sports and medicine will definitely have an important impact on people's way of life, and the setting of talent training goals determines what role the trained talents can play in it. The setting of talent training goals provides the direction for talent training and establishes corresponding evaluation standards, and is also the basic basis for promoting talent training (Shakeel et al., 2023).

The combination of sports and medicine requires sports rehabilitation professionals to contribute to prevention, rehabilitation, and treatment. However, most colleges and universities fail to keep up with social needs in terms of training goals. Through the investigation, the professional universities such as *the University of the Punjab, the University of Central Punjab, the Govt College University, the Lahore College for Women University, and the Superior University are currently working to establish sports rehabilitation majors at the bachelor's and master's degrees*. In addition to the ability of specialized technical work, the talent training goals of other colleges and universities are all positioned to “engage in teaching, scientific research, management and related work”, and the combination with my country's sports medicine should give full play to the scientific fitness of the whole people in health promotion, chronic disease prevention and rehabilitation (Pedersini et al., 2021).

There is still a certain deviation in the requirement of a positive role. Its overall educational arrangement makes the goal of training sports rehabilitation professionals unclear, and if it fails to keep up with the needs of society, it is naturally impossible to cultivate sports rehabilitation talents that meet society's and competition's demands (Gostin, 2022).

1.3.2 The teaching content emphasizes theory rather than practice

In order to effectively serve the needs of society, the fields of medicine and sports must combine their knowledge and expertise. However, the existing sports rehabilitation majors have more theory and less practice (Kumar, 2021).

First of all, in the teaching arrangement of sports rehabilitation majors, all colleges and universities have arranged practical teaching links, but compared with theoretical teaching, the number of hours is obviously less (Organization, 2022).

Secondly, allow students to do internships, and some colleges only meet the lower limit of the internship period stipulated by the state, and the learning time in practice is obviously not enough. In addition, in terms of practical form, the relationship between schools and practice bases is not clear.

Most colleges often use the method of contacting students themselves, and during the practice process, whether it is the supervision of students or the selection of internship tutors without clear regulations, the quality of internship is not high, which will not only reduce the comprehensive practical skills of talents, but also affect the application of theoretical knowledge of talents (Organization, 2020).

The knowledge and skills acquired by students in practice are difficult to lay a solid foundation for later work.

1.3.3 Insufficient teaching resources and teachers

Good teachers and a good teaching environment are necessary for teaching superb knowledge and skills. At present, the training of sports rehabilitation professionals in Pakistan is still in its beginning, and it is still in the process of improvement in terms of teacher allocation and teaching environment (Liu & Pásztor, 2022).

Many colleges and universities that offer sports rehabilitation majors have rich experience in cultivating physical education and competitive sports talents, and have a good teaching environment, but the training of sports rehabilitation professionals is still at the stage of feeling the stones.

There is a lack of teachers in disease treatment and disease rehabilitation, and there is also a slight shortage of rehabilitation training equipment, training bases, and some highly practical courses. Teachers can only guide in the classroom, and it is difficult to practice training (Hawkesworth, 2019).

The lack of teaching resources and environment, such as insufficient practical conditions and weak scientific research ability, has led to a serious lack of application ability in students majoring in sports rehabilitation.

1.4 Countermeasures for the cultivation of sports rehabilitation professionals in the background of the combination of sports and medicine

1.4.1 Emphasis on practical teaching

Improving students' practical ability, the importance of social practice teaching in talent cultivation is self-evident. It is an important link to promote students to go out of the classroom and to practice-based cultivation to cultivate application ability and innovative spirit, and also an important means to improve students' comprehensive quality.

Against the backdrop of athletics and medicine working together, the cultivation of sports rehabilitation professionals should focus on improving students' practical ability both inside and outside the institution. Improve the construction of practical teaching infrastructure and build a practical platform in the school; actively introduce professional talents, set the entry threshold for full-time teachers, provide a teaching ability training environment, enrich teaching methods, and improve teaching levels; enhance the quality of practical instruction and raise the percentage of hours spent on it (Kontos et al., 2019).

In the off-campus link, the selection system of off-campus tutors should be improved, and the guidance source for theory transformation practice should be strengthened. At the same time, it should also provide diversified social practice channels, actively carry out counterpart exchanges and cooperation with enterprises, provide students with a more practical training platform for vacation internships, broaden students' cognitive horizons, and help students learn professional skills.

1.4.2 Strengthen innovation and entrepreneurship education and broaden employment channels

With the increase in people's health awareness, the service provision of the combination of sports and medicine will be diversified. In addition to the sports system and the medical system, social, market, individuals, and other subjects will inevitably become the main body of the combination of sports and medicine (Spaaij et al., 2019).

Therefore, in addition to opening up the channels for the sports department and the medical department to use the corresponding talents in the training of sports rehabilitation professionals, strengthening innovation and entrepreneurship education is an important way to broaden the employment channels for students and establish a career access system

for sports rehabilitation professionals to enter the medical field and establish a training and improvement mechanism for its business ability improvement .

On this basis, establishing ideal jobs for sports rehabilitation specialists and other service workers is essential to the innovation and entrepreneurship education process.

First of all, in the process of innovation and entrepreneurship education, it is necessary to closely contact social needs and be oriented to serve social needs.

Secondly, based on strengthening students' knowledge and skills, consolidate basic skills.

Finally, set up special innovation and entrepreneurship courses, establish a multichannel teaching method with teachers and professors as the main, social people and entrepreneurs as supplements, and continuously cultivate students' awareness of innovation and entrepreneurship.

1.4.3 Keep up with social needs and adjust training goals

The renewal of the training concept and goals of sports rehabilitation professionals is the basis for promoting the reform of the sports rehabilitation professional personnel training mode. Only by clarifying the training objectives of sports rehabilitation professionals can other components of the sports rehabilitation professional personnel training model be further reorganized. The market, colleges, and universities are the keys to determining the goal of talent training in the sports rehabilitation equipment industry, under the background of the combination of sports and medicine.

The ultimate goal of the combination of sports and medicine is to provide practical services for the people. Talents who understand both medical care and sports are the key to providing this service. The training of sports rehabilitation professionals in the new era needs to adjust their school running orientation to closely fit the body and medical combination needs.

First, the government should provide a basic direction for the training of sports rehabilitation professionals at the macro level.

Second, market enterprises should actively reflect their talent needs to talent training units and provide market support for the training of sports rehabilitation equipment professionals.

Third, as the final implementation unit of sports rehabilitation professional personnel training, colleges and universities should take "*talent training*" as the starting point and end point, and integrate the needs of the government and the market, and tailor the rules and regulations, curriculum system, and employment requirements for sports rehabilitation professional personnel training. guidance, etc.

Only through the combination of the government, the market, and universities can we formulate the training goals for sports rehabilitation professionals, so that they can be fully competent in the prevention, treatment, and rehabilitation of chronic diseases.

2. Methodology

2.1 Design of the Study

By design, the study was exploratory and descriptive. Information about issues and solutions in the training of Pakistani sports rehabilitation professionals with a background in sports and medicine was gathered through a review of the literature, logical analysis, and discussions with students, instructors, and experts.

3.2 Sources of data collection

Researcher collected the data from relevant books that was downloaded from different search tools like Google, Google scholar, baidu.com, pubmed.com, cite space, CNKI, etc. and owing to working in China it was not feasible to go and meet the concerning people, and conduct the research in person with so many coaches, university athletes and other researchers were contacted online, and several inquiries and conversations about the issues and solutions in Pakistani sports rehabilitation specialists' training were held against the backdrop of sports and medicine. They offered numerous insightful recommendations and encouraged the study of the topic.

3. Results and Discussion

The combination of sports and medicine is a necessary means for the promotion of healthy Pakistan, and it is also an inevitable need for social development. As a necessary skill provider for the combination of sports and medicine, the training of sports rehabilitation professionals determines whether sports rehabilitation professionals can keep up with the changes of the times.

Sports rehabilitation professionals play an important role in prevention, treatment, rehabilitation, and health care, and can meet the needs of different patients, which requires relevant compound talents to keep up with the changes of the times and make adjustments.

Therefore, studying the exact meaning of the current combination of physical & medicine and clarifying the current social needs are the primary prerequisites for establishing the training direction of sports rehabilitation professionals. Of course, the determination of the goal of training sports rehabilitation professionals is inseparable from the joint action of the government, enterprises, and universities.

Colleges and institutions' own resources and instructor quality have an impact on how well-trained their sports rehabilitation specialists are. Sports rehabilitation involves raising the caliber of instructors' instruction and research, as well as the learning environment. Similarly, after determining these factors, the joint cooperation between the sports field and the medical field to broaden the employment channels and promotion paths for sports rehabilitation professionals is also an important means to motivate the training of sports rehabilitation professionals.

The requirements for the practical ability of sports rehabilitation professionals also require that the school-enterprise cooperation be more mature today. To promote the sports rehabilitation profession to society and enterprises, to attract society and enterprises to enter the institutions to jointly carry out sports rehabilitation professional personnel training, and to enrich the talents of colleges and universities, is an important way to cultivate.

4. Conclusion

After collection and sorting, it was found that the number of documents on Pakistan's higher education policy has increased significantly in the past fifteen years, which shows that the research on higher education policy has attracted the attention of a wide range of scholars. However, it is worth noting that the research perspective on Pakistan's higher education policy is more focused on talent training, current status, and countermeasures, but there are few research perspectives involving the innovation and internationalization of higher education policy. Therefore, the research on Pakistan's higher education policy should boldly draw on foreign advanced research results on a local basis, carry out pilot studies of foreign advanced policy concepts or models in certain regions, and then gradually promote them nationwide.

In the process of innovation and entrepreneurship education, it is necessary to set up perfect positions for sports rehabilitation professionals and other service personnel. The opening up of channels for the sports department and the medical department to use the corresponding talents in the training of sports rehabilitation professionals, strengthening innovation and entrepreneurship education, is an important way to broaden the employment channels for students and sports rehabilitation professionals.

In Pakistan, professional rehabilitation personnel's training is related to personal training goals, corresponding curriculum setting, teaching methodologies, and personnel evaluation, whether the practical part is missing most of the time. Through the results and discussion above, it is reiterated that for the promotion of a healthy Pakistan, the combination of sports and medicine plays a vital role.

Sports rehabilitation professionals should work to improve students' ability for practical training both inside and outside the institution. The training of sports rehabilitation professionals is determined by whether they are able to keep up with the changes of time or not.

The government, markets, colleges, and universities should play their role in formulating the training goals for sport rehabilitation professionals, so that they can reach their full potential in the prevention, treatment, and rehabilitation of chronic diseases. Sports rehabilitation professionals are functioning well in providing treatment, rehabilitation and health care of the patients along with that they are there to guide about preventive measures as well.

References

- Elhoseny, M., Thilakarathne, N. N., Alghamdi, M. I., Mahendran, R. K., Gardezi, A. A., Weerasinghe, H., & Welhenge, A. (2021). Security and privacy issues in medical internet of things: overview, countermeasures, challenges and future directions. *Sustainability*, 13(21), 11645.
- Gostin, L. O. (2022). Living in an age of pandemics—from COVID-19 to monkeypox, polio, and disease X. *JAMA Health Forum*,
- Hawkesworth, S. (2019). An epidemiological study of musculoskeletal injuries in league squash players in the eThekweni Municipality
- Heyong, W., Su, Y.-Y., Wei, S.-Y., Bolejev, T., Kuo, Y.-K., & Zafar, S. Z. (2021). Nexus between sportsmen injuries and economic survival in future life. *Revista de Psicología del Deporte (Journal of Sport Psychology)*, 30(3), 156-167.
- Htay, M. N. N., Marzo, R. R., Bahari, R., AlRifai, A., Kamberi, F., El-Abasiri, R. A., Nyamache, J. M., Hlaing, H. A., Hassanein, M., & Moe, S. (2021). How healthcare workers are coping with mental health challenges during COVID-19 pandemic?-A cross-sectional multi-countries study. *Clinical epidemiology and global health*, 11, 100759.

- Kontos, A. P., Sufrinko, A., Sandel, N., Emami, K., & Collins, M. W. (2019). Sport-related concussion clinical profiles: clinical characteristics, targeted treatments, and preliminary evidence. *Current sports medicine reports*, 18(3), 82-92.
- Kumar, R. (2021). Ubiquitous Computing for the Management, Evaluation, Treatment, and Rehabilitation of Psychological Disorders. In *Integration of WSNs into Internet of Things* (pp. 291-304). CRC Press.
- Liu, Y., & Pásztor, A. (2022). Effects of problem-based learning instructional intervention on critical thinking in higher education: A meta-analysis. *Thinking Skills and Creativity*, 45, 101069.
- Lopez-Barreiro, J., Alvarez-Sabucedo, L., Garcia-Soidan, J. L., & Santos-Gago, J. M. (2022). Use of blockchain technology in the domain of physical exercise, physical activity, sport, and active ageing: a systematic review. *International Journal of Environmental Research and Public Health*, 19(13), 8129.
- Organization, W. H. (2020). Responding to non-communicable diseases during and beyond the COVID-19 pandemic. In *Responding to non-communicable diseases during and beyond the COVID-19 pandemic*.
- Organization, W. H. (2022). The work of WHO in the Eastern Mediterranean Region: annual report of the Regional Director 2021. In *The work of WHO in the Eastern Mediterranean Region: annual report of the Regional Director 2021*.
- Pedersini, P., Villafañe, J., Corbellini, C., & Tovani-Palone, M. (2021). COVID-19 pandemic: A physiotherapy update. *Electron J Gen Med*. 2021; 18 (1): em264. In (Vol. 18, pp. 1).
- Shakeel, T., Habib, S., Boulila, W., Koubaa, A., Javed, A. R., Rizwan, M., Gadekallu, T. R., & Sufiyan, M. (2023). A survey on COVID-19 impact in the healthcare domain: worldwide market implementation, applications, security and privacy issues, challenges and future prospects. *Complex & intelligent systems*, 9(1), 1027-1058.
- Shaw, B. S., & Shaw, I. (2021). Resistance training as a countermeasure for key non-communicable diseases in low-resource settings: A review. *Asian Journal of Sports Medicine*, 12(1), 1-8.
- Spaaij, R., Broerse, J., Oxford, S., Luguetti, C., McLachlan, F., McDonald, B., Klepac, B., Lymbery, L., Bishara, J., & Pankowiak, A. (2019). Sport, refugees, and

forced migration: A critical review of the literature. *Frontiers in sports and active living*, 1, 47.

Wang, Z., & Wang, D. (2021). The influence and enlightenment of five public health emergencies on public psychology since new century: a systematic review. *International journal of social psychiatry*, 67(7), 878-891.