

# Research on the Path of Interdepartmental Sports and Medicine Cooperation under the Background of Healthy China

Yujing Xie<sup>1,\*</sup>, Yujing Xiao<sup>2</sup>

<sup>1</sup> School of Physical Education, Southwest University, Chongqing, China

<sup>2</sup> School of Sports Science, Jishou University, Hunan, China

\*Corresponding author email: [18879759129@163.com](mailto:18879759129@163.com)

## ABSTRACT

This paper aims to discuss the current situation and challenges of sports and medicine integration in the context of healthy China, and put forward the development path of cross-departmental cooperation. As an important strategy to meet the health needs of the whole people, the integration of sports and medicine is of great significance for the realization of the goal of healthy China. However, problems such as concept barriers, industry barriers, lack of resource integration and limited degree of cooperation have restricted the in-depth development of sports and medicine integration. Based on the theory of "inter-departmental cooperation", this study made an in-depth analysis of the difficulties encountered in the practice of physical and medical integration. The following development paths were proposed: Firstly, concept innovation should be carried out to enhance the social awareness of the importance of sports and medical integration; Secondly, break the existing departmental barriers, and gradually improve the policy system supporting the integration of sports and medicine; Thirdly, integrate the resources of sports and medical departments to build a scientific operation mode; Finally, we should strengthen cultural construction and establish a cooperative relationship based on trust. Through these measures, we can effectively promote the integration of sports and medicine and contribute to the construction of a healthy China.

## KEYWORDS

Healthy China; Integration of Sports and Medicine; Cross-departmental Cooperation.

## 1. INTRODUCTION

Health is an inevitable requirement for promoting all-round human development, and China has made remarkable achievements in reform and development in the field of health. In the Outline of the Healthy China 2030 Plan, it is clearly pointed out that the integration of sports and medicine and non-medical health intervention should be strengthened, and a disease management and health service model [1]. The promulgation of relevant policies shows that the country attaches great importance to the integration of sports and medical and health care, and elevates the health of the whole people to the position of national strategy. However, at present, the integration between sports and medical and health fields in China has not achieved a real deep integration. This study aims to explore how cross-departmental cooperation, as a new path of social governance system, can promote the integration of sports and medicine in order to give full play to its key role in health promotion and non-medical intervention. By analyzing the current situation, challenges and development path of sports and medicine integration, this study not only reveals the importance of cross departmental cooperation in promoting the construction of healthy China, but also provides practical guidance and policy suggestions for achieving the goal of universal health.

## **2. RELATED CONCEPTS AND CONNOTATIONS**

### **2.1. Integration of Sports and Medicine**

The concept of "integrative sports and medicine" originated from the Professional Sports and medicine Industry Association in the United States, which aims to improve public health by integrating sports and medical resources. Domestic scholars have different interpretations of the concept. For example, Wang Zeren understood the integration of sports and medicine as the organic combination of sports skills of the sports department and thoughts and theories of the medical and health department, giving full play to the functions of the two departments and improving people's health level[2]. Scholar Yu Hongjun defined it as a service mode[3]. Scholars such as Han Leilei emphasize that sports and medical fields should cooperate, supplement and promote each other in related knowledge, technology and other elements to achieve the unity[4]. Although these views have their own emphasis, they all point to the integration and coordination of sports and medical resources.

Based on the discussion of the above scholars, this paper will understand the "integration of sports and medicine" as follows: under the promotion of healthy China strategy, the sports department puts forward scientific exercise techniques and methods, and the medical and health department provides corresponding thinking methods and knowledge system guidance. Through the integration of the two departments, the needs of the people in fitness, medical treatment and health services are jointly met.

### **2.2. Cross-departmental Cooperation**

Cross-departmental cooperation results from the management fragmentation brought about by specialized division of labor. By taking advantage of the other party's resources but not our own, we can achieve goals and achieve "win-win"[5]. Cross-departmental cooperation refers to the integration of different departments to achieve common goals and mutually beneficial cooperation through complementarity.

In Western developed countries, cross-departmental cooperation has become a key strategy of social governance and public service. For example, Canada has developed a set of effective cross-departmental cooperation environmental governance model for river trans-boundary environmental problems[6]. The application of interdepartmental cooperation is not a simple activity, and requires not only a common goal of cooperation, but also multi-departmental joint action. Scholar Eugene Badach, in his book *Interagency Collaboration - The Theory and Practice of Managing the "Craftsman"*, defines interagency collaboration as "any joint activity undertaken by two or more agencies that adds common value by working together rather than acting independently". In his book, Badach argues that effective interdepartmental cooperation requires balancing cooperation objectives, securing financial and human resources support, obtaining political support, establishing scientific operating mechanisms, and creating a positive culture[6]. Eugene Badach's explanation of interdepartmental cooperation and his clear understanding of the working relationship between departments have laid the theoretical foundation for promoting the development of interdepartmental cooperation in China to a certain extent.

Although China is a late starter in the field of interdepartmental cooperation, domestic scholars are actively exploring relevant theories. Chen Xi believes that cross-departmental cooperation should be based on common goals and visions, based on mutual trust and dependence[8]. Scholars such as CAI Xiang further emphasized the importance of structural and emotional connections between different departments within an organization, pointing out that this helps achieve common organizational goals[9]. Cross departmental cooperation has its own characteristics. Departments related to cross-departmental cooperation should realize the interoperability and integration of functions and resources on the premise of forming common organizational goals, and then formulate relevant policies after comprehensive consideration. Inter-departmental trust should be strengthened, and mutual respect and trust can promote the deepening of departmental cooperation.

Based on the above points of view, this paper will understand cross departmental cooperation as two or more departments with different functions under the guidance of common goals and visions, through mutual dependence and support, to achieve the integration of resources and the construction of cooperation culture, in order to play a greater synergy.

### **2.3. Cross-departmental Cooperation between Physical and Medical Departments**

Scholars such as Hamalainen Riitta-Maija have emphasized that interdepartmental collaboration plays a key role in resolving conflicts between policies, and that it helps to address broader issues[10].In the face of highly complex problems, participatory and interdisciplinary approaches are effective problem-solving strategies. As a common driving force to promote the construction of a healthy China, cross-departmental cooperation between sports and health care is crucial to realizing the common goal and vision of a healthy China. Such cooperation requires thoughtful planning and coordination in terms of resource integration, organizational goals, policy formulation and trust levels. By distinguishing the concepts of medical integration and inter departmental cooperation, this paper clarifies the definition of medical interdepartmental cooperation: it involves mutual cooperation and trust between sports and health departments with different functions. Under this cooperation mode, departments reach agreement on common ideas and goals, jointly organize and manage related activities, and realize integration and optimization in resource allocation. This is not only helpful to promote the construction of healthy China, but also a key way to meet the needs of the national fitness, medical and health services.

## **3. CURRENT SITUATION AND EXISTING PROBLEMS OF CROSS-DEPARTMENTAL COOPERATION**

Although the integration of sports and medicine has achieved initial results in the practice and exploration of some pilot projects in China [11], there are still problems that need to be improved in the development process in terms of conceptual obstacles, industry barriers, resource integration, and degree of cooperation.

### **3.1. Different Concepts, Weak Concept of Sports and Medicine Integration**

With the proposal of the "Healthy China" strategy and the change of health concept from "treating diseases as the center" to "health promotion as the center", maintaining and improving national health is no longer a task that the medical and health departments can undertake alone, but needs the active participation[12].As a key strategy of this transformation, the integration of sports and medicine plays an important role in promoting the healthy China process. However, the concept of combining sports and medicine still faces many challenges. On the one hand, there are still many people who believe that sports are about competing and winning MEDALS. On the other hand, some people mistakenly believe that "only health care products can keep people healthy, and only medicine can cure diseases"[13].These beliefs limit people's understanding of the role of sports in promoting health. In addition, there is a conceptual difference between the sports sector and the health sector. The sports sector focuses on building physical fitness through exercise, while the medical sector focuses on the prevention and treatment of diseases. This difference in philosophy has led to a low level of cooperation between the two in developing a common concept of health promotion. As a result, there is a lack of public awareness of the comprehensive health benefits that sports integration can bring, leading to limited understanding and acceptance of this model of integration.

### **3.2. There is a Clear Boundary between Sports and Health Care Industries**

As the main body responsible for the "integration of sports and medicine", sports and medical and health departments should cooperate closely in theory. However, China's administrative system has

resulted in separate sports and health departments, each maintaining its own work and management style, which has limited the coordination effect between the two departments to a certain extent. For example, the General Administration of Sport is mainly in charge of sports health services, including fitness guidance, fitness publicity and physical fitness monitoring; The National Health and Wellness Commission focuses on medical and health services, such as physical examination and disease prevention. The two sides have separate administrative systems and lack necessary communication and collaboration[14]. Although the Outline of the "Healthy China 2030" Plan elevates the integration of sports and medical and health care to the height of a national strategy and sets the direction and goals for its development, no clear policies and regulations have been issued in terms of specific resource integration, technical support and professional personnel training. As a result, there is basically no crossover area between the sports sector and the medical and health sector in terms of organization and management, and the boundaries are very clear, thus affecting the actual advancement of the integration of sports and medicine.

### **3.3. Lack of Information Sharing and Lack of Human and Material Resources**

Combined with the relevant policies of the Healthy China Action, the support system for physical and medical integration mainly includes four parts: financial support, talent training, scientific and technological support and information sharing [15]. At present, the development funds of physical and medical integration in China mainly rely on government finance and lack of diversified funding sources, which limits the development of national fitness activities, such as the shortage of sports venues and facilities and the difficulty of carrying out community sports activities. In terms of personnel training, China has not yet established a professional personnel training system for the integration of sports and medicine, resulting in a serious shortage of compound talents with sports and medical knowledge. This has affected the construction of sports prescription bank, the exploration of health service model, the provision of personalized health service and the organic combination[12]. In terms of scientific and technological support, although the Internet and health big data provide great potential for the integration of sports and medicine, China has not yet made full use of these advantages, the lack of intelligent service platform for health promotion, which leads to the health big data can not be timely to the author of sports and medicine, the national physical fitness test and physical examination results can not be timely sent to the hands of individuals, affecting the in-depth promotion[16]. In terms of information sharing, due to the existence of barriers, the exchange of information between sports and medical departments is hindered. Different information processing systems are used between the two fields, and the lack of effective integration results in the inability to share[17]. Therefore, integrating the information resources of the sports and medical and health sectors and cooperating in information management enables the two sides to share information resources.

### **3.4. Insufficient Collaboration and Integration among Relevant Departments**

At present, the integration of sports and medicine is mainly completed by the sports and medical and health departments, while the participation of other departments is relatively insufficient. This situation leads to the physical and medical departments in the work of health promotion, the lack of necessary communication and cooperation, resulting in difficult policy implementation in place, low efficiency and unreasonable allocation of resources and other problems[15]. From the perspective of the development of China's administrative organization, each department and its staff have deep-rooted ideology and division of departmentalism, and the main way of thinking between departments and staff tends to be competition rather than cooperation, which leads to the lack of necessary trust bonds and emotional Bridges[8]. Trust is the premise of cooperation, the lack of trust will lead to the departments in the cooperation of preparedness, unwilling to fully open and share resources. In the process of cross-departmental governance of sports and medicine, different departments have different trust psychology. The sports department may lack trust in the ability of the medical and

health department in health service guidance, and the medical and health department may also have reservation about the effect of sports department in sports diagnosis and treatment. This distrust has become a huge obstacle to the cross-departmental cooperative governance of sports and medicine, resulting in insufficient cooperation and even inefficient governance.

## **4. DEVELOPMENT PATH OF CROSS-DEPARTMENTAL COOPERATION IN SPORTS AND MEDICINE**

### **4.1. Carry Out Concept Innovation to Improve the Cognition of the Integration of Sports and Medicine**

Concept is the forerunner of action. It is the conceptual insight that people use to carry out practical activities. It has functions such as raising awareness and guiding actions. The release of the "Healthy China 2030" Plan has brought a new concept for the development of the integration of sports and medicine, that is, the establishment of the "great health concept" with "health promotion as the center", and the concept is integrated into the formulation and implementation of all public policies, so as to address various factors affecting health in a comprehensive way and safeguard the health[18]. It is necessary to understand the importance of physical and medical integration and the value of physical and medical integration to health promotion, and put it into practice according to the national policy and concept of physical and medical integration, and innovate the concept of cross-departmental physical and medical cooperation.

Correct people's misunderstanding of the combination of sports and medicine, and conduct guidance and publicity. On the one hand, the online platform publishes sports, medical and health information, and propagates the concept of physical health; On the other hand, more physical fitness monitoring activities should be carried out offline to broaden residents' interaction channels for health knowledge, popularize scientific fitness knowledge and increase residents' participation in scientific fitness. By popularizing the knowledge of physical and medical integration, people can have a clear understanding and understanding, and at the same time, relevant workers can establish a correct concept.

### **4.2. Break Down Departmental Barriers and Gradually Improve the Policy System**

The famous barrel principle in sports training science, that is, how high a technical skill level an athlete can reach does not depend on the highest board. Similarly, in the integrated development of sports and medicine, only by fully coordinating the relationship between various systems can its development level reach the highest, and the development benefits can be best[19]. China's sports and medicine should take the initiative to reform on the road of coordinated development, overcome internal and external institutional obstacles, strengthen high-level cooperation between sports and medical and health, improve the relevant policies and laws of sports and medicine, jointly formulate operational application rules and specific plans, and determine the rights, responsibilities and benefits between the two subjects of sports and medicine. To ensure the relationship of power and obligation between the cooperating subjects in the form of law, and to build a policy of a top-down political security system[20]. Therefore, it is necessary to improve the existing system, take the macro-policy as the guidance, promote the development of cross-departmental cooperation between sports and medicine through corresponding system innovation, build a cross-departmental cooperation guarantee system between sports and medical, coordinate practical issues such as division of work and distribution of benefits, overcome departmental barriers, and pave the way for the integration of sports and medical care.

### **4.3. Integrate Departmental Resources and Build a Scientific Operation Model**

The integration of sports and medicine mainly involves the two industries of sports and medical, and their integration is the complementary and collaborative development of the advantages of the two industries or systems. The resource integration of sports and medicine integration mainly includes four parts[18].The integration of resources between sports and medicine departments and the construction of scientific operation mode will ensure the complementary advantages and synergistic development of sports and medical departments.

First of all, information sharing between sports and medical departments should be achieved, so that sports and medical departments can have a communication platform to achieve information exchange during the cooperation process, so that the two can coordinate operation. Secondly, through the mutual cooperation and combination between sports and medicine, the clinical treatment technology and scientific research of medicine and the sports guidance and scientific research are integrated together, and the unique technical advantages of each are brought into play. Secondly, starting from the orientation of talent training objectives, we should strengthen the cultivation of compound talents of "sports and medicine". Finally, the combination of sports resources and medical resources, the use of physical fitness facilities, social sports instructors and other sports resources to solve the problem of hospital facilities and talent shortage.

### **4.4. Strengthen Cultural Construction and Establish Cooperative and Trust Relationship**

Cultural construction is of great significance to the cross departmental cooperation between physical and medical departments. Due to the differentiation of work content, work process and work means among departments, it should be made clear that cooperation is the best way to complement each other's advantages and achieve common goals. From this perspective, it is necessary to improve the learning, communication and cooperation ability of the department. If individual institutions have problems in inter-departmental cooperation, other partners will provide support to achieve the ultimate goal[8].The development of interdepartmental cooperation requires the formation of a cooperation culture of "values shared by the relevant cooperating departments" as an important ideological support to guide the interdepartmental cooperation actions.

Establishing a harmonious, unified and trusting cooperative relationship can effectively improve the efficiency of inter-departmental cooperation. Establishing a cooperative relationship of mutual trust between sports and medicine departments can not only deepen the understanding and trust between departments, but also provide the best solution to the problems that arise.

## **5. CONCLUSION**

Through in-depth analysis of the current situation, challenges and development path of sports and medicine integration in the context of healthy China, this paper clearly points out the importance of cross-departmental cooperation in promoting the construction of healthy China. As an important health promotion strategy, the integration of sports and medicine plays a significant role in improving the health level of the whole people. However, problems such as concept barriers, industry barriers, lack of resource integration and limited degree of cooperation restrict the in-depth development of sports and medicine integration. In order to give full play to the role of cross departmental cooperation in sports and medicine, the following measures can be taken: Guided by the concept of "big health", people's awareness of sports and medicine integration can be raised; Improve the existing system to coordinate the division of work and the distribution of benefits; Form a multi-capital chain between the government and the society, build a sports and medicine service platform, strengthen the training of professional talents, and improve basic fitness facilities; Attach importance to the construction of cooperation culture, strengthen the trust between the departments of sports and medicine, and

establish a cooperative and trust relationship. Through these measures, we can effectively promote the integration of sports and medicine and contribute to the building of a healthy China.

In short, cross-departmental cooperation in sports and medicine is a key way to achieve the goal of a healthy China, which requires the joint efforts of all sectors of society and the coordinated promotion of multiple departments. Through concept innovation, policy improvement, resource integration and cultural construction, existing challenges can be overcome, the integration of sports and medicine can be further promoted, and positive contributions can be made to the health of the whole people and the construction of a healthy China.

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