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Research on the training system of reserve talents of police College in universities from the perspective of integration of sports and education

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Abstract

This study focuses on the construction of reserve talents training system of university police college under the perspective of sports and education integration. Under the background of the current education reform, the integration of sports and education, as an important way to

improve the comprehensive quality of students, is particularly key to the police college. This paper deeply probes into the current situation and existing problems of reserve talent training in university police college, and puts forward some strategies, such as integrating sports and police education, optimizing curriculum setting and teaching methods, strengthening practical teaching and training base construction. The research results show that the training system of reserve talents in the perspective of the integration of sports and education not only significantly improves the students' physical fitness and police skills, but also enhances their teamwork ability and practical coping ability, which provides a strong support for the training of police talents in the new era.

Key words: Integration of sports and education; University police college; Reserve personnel training; Curriculum setting; Practical teaching

Introduction

As a new concept of the school physical education work in the new era, the integration of sports and education aims to improve the students' physical and mental health and comprehensive quality through the deep integration of sports and education. The extensive practice and concern of the concept in the field of education in our country reflects the country attaches importance to the all-round development of high-quality talents. In police colleges in universities, the integration of physical education is not only related to the physical development of the students, but also closely related to their future professional accomplishment and comprehensive ability. Practical teaching is an important part of college education, especially for an application-oriented university like the police College, practical teaching is an important way to cultivate students' practical ability. The police profession has extremely high requirements on practitioners' physical fitness, skills and psychological quality. Although traditional police college education also emphasizes physical training, it is often relatively independent from professional knowledge education and lacks deep integration. The concept of the integration of physical education breaks this boundary. It encourages more educational elements to be integrated into physical education, so that the students can not only improve their physical fitness, but also cultivate their teamwork ability, adaptability and

psychological quality^[1]. Therefore, the construction of the reserve talent training system of police college in universities under the perspective of the integration of physical education will not only help to improve the students' physical fitness and comprehensive quality, but also better adapt to the future needs of the police profession and train more outstanding talents for the public security cause. It is worthy of further exploration and research.

1. An overview of the integration theory of physical education

The theory of body-teaching integration is an educational concept further deepened from the concept of body-teaching integration, which reflects the deeper combination of education and physical education. The core of this concept is to emphasize the integration of sports and education, through the integration of sports, education and other resources, in order to implement a comprehensive talent training strategy. This not only helps to improve the physical quality of individuals, but also has a positive role in promoting the development of their comprehensive quality, so as to meet the country's demand^[1] for high-quality workers.

The development process of physical education integration can be traced back to the mid-1980s, and its expression has experienced the evolution process from "physical education cooperation" to "physical education combination" and then to "physical education integration". This change not only reflects the continuous renewal of the educational concept, but also reflects the deepening of the cognition of the relationship between sports and education. At first, the "cooperation between sports and education" emphasized the simple cooperation between sports and education; Later, "combination of sports and education" pays more attention to the integration of the two in content and form; On this basis, "combination of physical education" further emphasizes the integration and development^[2] of the two at a deep level.

As the country attaches great importance to adolescent health issues, the concept of body-education integration has been widely promoted and practiced. The promotion of this concept not only helps to solve the problem of declining physical fitness of teenagers, but also improves their physical and mental health through scientific physical exercise, and cultivates their indomitable will quality and teamwork spirit. At the same time, the integration of sports and education also provides schools with more diversified education methods, enriching the campus sports culture and creating favorable conditions^[3] for the all-round development of students. Under the background of the integration of sports and education, the training

strategy of the school's ice and snow sports reserve talents has also been explored and practiced. With the help of the concept of integrating sports and education, schools can select and train reserve talents for ice and snow sports more scientifically, and provide strong support for the sustainable development of national ice and snow sports. In addition, the integration of sports and education also provides new ideas for the training of competitive sports talents. Through the integration of education and sports resources, competitive sports talents with high-level sports skills and good cultural accomplishment can be trained more efficiently, and contribute to the development of the country's sports cause.

The theory of the integration of sports and education is an educational concept that meets the needs of The Times. By integrating sports and education resources, it implements a comprehensive talent training strategy to meet the country's demand for high-quality laborers. In the future education practice, we should continue to deepen the research and application of the theory of the integration of sports and education, and constantly explore new talent training models and methods, so as to provide more outstanding talents^[4] for the future development of the country. At the same time, we should also pay attention to the practical application of the integration of sports and education in different education stages and fields, as well as its far-reaching impact on individual development and social progress.

2. Police personnel training theory

Police talent training is an important part of public security education, and its core goal is to train police talents with high quality and high skills to cope with the complex and changeable social security environment and ensure national security and social stability. In order to achieve this goal, the police college usually adopts a combination of theory and practice to improve the students' physical fitness, skills and comprehensive quality in an all-round way.

In the process of police personnel training, physical fitness training is the foundation. Good physical fitness is the basic guarantee for the police to carry out their duties and cope with all kinds of emergencies. Therefore, the police Academy will set up physical training courses in the personnel training program, through scientific and systematic training, to improve the speed, strength, endurance and other physical qualities of the students. At the same time, skill training is also the key. Police officers need to master solid professional skills, such as detection, arrest, shooting, etc., to cope with various complex situations. The police

Academy continuously improves the professional skills of its trainees by offering specialized courses and organizing actual combat exercises. With the rapid development of society and the constant renovation of criminal methods, the training of police personnel is faced with many challenges. On the one hand, the problem of unreasonable curriculum has become increasingly prominent. Some of the curriculum content is outdated and out of touch with the actual work needs, resulting in students not using what they have learned. On the other hand, the single teaching method also restricts the improvement of talent training quality. The traditional irrigation teaching method can not meet the needs of modern police work, and more diversified and innovative teaching methods need to be introduced. In addition, the lack of practical training base is also one of the restricting factors. The training base is an important place for trainees to carry out practical operation and improve actual combat ability, but at present, some police academies still have problems such as delayed construction of training bases and imperfect facilities.

In view of the above challenges, the police college needs to continuously optimize the talent training model to meet the needs of police work in the new era. First of all, the curriculum should be adjusted and the teaching content updated. Old courses should be deleted and courses in emerging fields should be added to ensure that students' knowledge can be seamlessly integrated with their practical work. Secondly, we should innovate teaching methods and introduce diversified teaching methods such as case teaching and situational teaching to stimulate students' interest in learning and improve teaching results^[5]. At the same time, we should strengthen the construction of teaching staff and train a group of doublequalified teachers who understand both theory and practice, so as to provide strong support for personnel training. Finally, increase the investment in the construction of training bases, improve training facilities, provide students with sufficient opportunities for practical operation, and improve their actual combat ability. In the process of optimizing the training mode of police personnel, we can learn from the concept of the integration of sports and education. The integration of sports and education emphasizes the deep integration of sports and education, and pays attention to the all-round development^[6] of students. In the police personnel training, we can introduce the idea of the integration of sports and education, combine physical training with professional skills training, and cultivate students. Comprehensive quality. At the same time, it can also learn from the diversified teaching methods and practical teaching methods in the integration of physical education, innovate the training mode of police talents, and improve the quality of personnel training. Police talent training is a systematic project, which requires the police College to continuously explore and innovate. By optimizing the curriculum, innovating the teaching methods, strengthening the construction of training bases and other measures, the police college can continuously improve the quality of police talent training and provide a strong guarantee for national security and social stability. At the same time, learning from the concept and method of the integration of sport and education can inject new vitality and impetus into the training of police talents.

3. The application of sports education integration in police personnel training

As a new educational concept, the application of the integration of physical education in the training of police talents has been paid more and more attention. Through the integration of sports and education resources and the optimization of curriculum, this concept helps to improve the students' physical fitness and skill level, and then enhance their comprehensive quality and adaptability^[7]. In the teaching of the police Academy, the integration of physical education is mainly reflected in the optimization of the curriculum. The traditional police education often pays attention to the teaching of theoretical knowledge, but neglects the training of students' physical ability. The idea of integrating physical education emphasizes the deep combination of physical education and education, which makes the curriculum of police college more comprehensive and balanced. By increasing the proportion of physical education courses and combining physical training with police skills, students can better master and use police skills^[8] while improving their physical fitness. In addition to the curriculum, the integration of physical education is also reflected in the diversity of teaching methods (Table 1).

Table 1. The difference between traditional teaching method and physical teaching method

Teaching Methods	State of learning
Traditional instruction	Passive learning, teaching efficiency is
	low
Integration of physical education	Arouse interest and improve teaching
	effect

The traditional teaching method often focuses on teaching, and the students are in a passive state of acceptance. However, under the concept of integrating physical education, teachers can adopt more diversified teaching methods, such as situational teaching and case teaching, in order to stimulate students' learning interest and improve teaching effect. These teaching methods not only help students better understand and master police knowledge, but also cultivate their adaptability and problem-solving^[9] ability in practical work. Practical teaching and training base construction is also an important application of the integration of sports and education in police personnel training. Practical teaching is an important part of police education. Through practical teaching, students can combine theoretical knowledge with practical operation to better master police skills. The construction of the practical training base provides students with a more real practical environment, which helps them to constantly improve their skills in the actual operation. The concept of integrating physical education emphasizes the organic combination of practical teaching and physical education, so that the students can improve their physical fitness and better adapt to the needs of the future police profession.

The integration of physical education has a wide application prospect in the training of police talents. By integrating sports and education resources, optimizing the curriculum, adopting diversified teaching methods and means, and strengthening the construction of practical teaching and training bases, the integration of sports and education can help to improve the students' comprehensive quality and adaptability^[10]. At the same time, this educational concept also meets the current social demand for police talents, and provides a new idea and method for the talent training of the police college. Therefore, we should further strengthen the research and practice of the concept of the integration of sports and education, in order to promote the continuous improvement of the quality of police talent cultivation.

3.1. Training objectives and curriculum setting

The training objectives and curriculum of reserve talents in police colleges and universities are an important part of the police education system, which together constitute the basic framework for training high-quality and professional police talents. The training objectives of reserve talents in university police college usually include the following aspects (Table 2):

Table 2. Training objectives and effects of reserve talents of university police college

Training objectives	Effects
Strong political qualities	Strong political stance, high political
	consciousness and good political
	discipline
Solid professional knowledge	Solid basic knowledge of public security
	profession
Outstanding practical ability	Ability to investigate and solve cases,
	public security management, emergency
	response, etc
Improvement of innovation ability	Innovative thinking and problem solving
	skills

Strong political qualities. Train police talents with firm political stance, high political consciousness and good political discipline to ensure that they are always loyal to the party, the people and the law; And solid professional knowledge. Through systematic study and training, students can master solid basic knowledge of public security, including law, investigation, public security, traffic management and other fields of knowledge; Outstanding actual combat ability. Focus on training the trainees' actual combat ability, including the ability of investigation and solving cases, public security management, emergency response, etc., so that they can quickly adapt to and be competent for various police tasks in the future work; Innovation ability enhancement. Students will be encouraged to develop innovative thinking and problem-solving skills, and their overall quality and innovative ability will be enhanced through case studies and simulation exercises.

In order to achieve the above training goals, police colleges in universities usually set up the following types of courses (Table 3):

Table 3. Curriculum and subjects of university police College

•	, 1
Curriculum	Subjects
Basic theory courses	Jurisprudence, Constitutional Law,
	Political Science, Administrative Science,
	Police Law, etc
Professional Skills Courses	Public security management, Criminal
	Investigation, Investigation and
	Interrogation, Criminal psychology,
	forensic science, etc
Tactical Training Course	Self-defense capture, shooting, police
	combat skills, etc
Special Skills classes	Dog technology, fire command, technical
	investigation, cyber security and law
	enforcement, etc
Comprehensive Literacy Courses	Advanced mathematics, college English,
	mental health, military theory, etc
Professional orientation Courses	According to different professional
	directions, such as investigation science,
	security science, etc

Basic theory courses. Including jurisprudence, constitutional law, political science, administrative management, police law, etc., these courses have laid a solid theoretical foundation for students; Professional skills courses. Such as public security management,

criminal investigation, investigation and interrogation, criminal psychology, forensic science, etc., these courses are directly related to the future work content, to help students master professional skills; Tactical training courses. Including self-defense capture, shooting, police actual combat skills, etc., aimed at improving the trainees' actual combat ability and self-protection ability; Professional orientation courses. According to different professional directions, such as investigation science, security science, etc., corresponding professional courses are offered to enable students to deeply understand and master knowledge and skills in specific fields. Courses for special skills. Such as police dog technology, fire command, technical investigation science, cyber security and law enforcement, which aim to develop trainees' professional skills in specific fields; And foreign language courses. Most police academies offer English and other foreign language courses to meet the needs of international police cooperation and enhance the trainees' foreign language communication skills and international vision; Comprehensive literacy courses. They include advanced mathematics, college English, mental health, and military theory, which aim to improve the students' comprehensive quality and humanistic literacy.

In addition, the university's police college will also arrange a large number of practical teaching links, such as scene investigation, simulated interrogation, police dog training, fire drills, so that students can improve their skills in actual operation. At the same time, practical training bases and practice bases will be established in cooperation with public security departments to provide trainees with practical opportunities under real scenarios and help them better adapt to their future work.

To sum up, the training objectives of reserve talents in police colleges and universities are closely related to the curriculum, which together constitute an important guarantee for training high-quality and professional police talents.

3.2. Teaching methods and means

In terms of teaching methods and means, police colleges in universities are also constantly exploring and innovating. The traditional teaching methods, such as lecturing method and case analysis method, can meet the teaching needs to a certain extent, but in the face of complex and changeable police practice, they still seem inadequate^[11]. Therefore, the police college began to try to introduce more diversified and interactive teaching methods. For example, simulated combat exercises have been widely used at the police academy in

recent years. By simulating real police scenarios and allowing trainees to role-play in an environment close to actual combat, they can not only improve their ability to respond to emergencies, but also enhance their teamwork and communication skills. In addition, the Police Academy also makes active use of modern information technology means, such as virtual reality (VR) and augmented reality (AR), to create an immersive learning experience for students, enabling them to conduct police operations in a virtual environment, and improving the fun and effectiveness of learning. In addition to the innovation of teaching methods, the Police College has also been enriched and improved in teaching methods. The introduction of modern teaching means such as multimedia teaching and network teaching makes it more convenient for students to acquire knowledge, and also provides teachers with more diversified teaching methods. For example, through the network teaching platform, students can learn independently anytime and anywhere, and teachers can answer students' questions online, so as to realize the sharing and optimal allocation of teaching resources. The innovation and practice of teaching methods and means in police colleges in universities not only improves the teaching quality and effect, but also provides a strong guarantee for training high-quality and highly skilled police talents. However, how to further integrate and optimize the teaching methods and means to meet the new needs and challenges of police work is still a problem that the police college needs to explore constantly. At the same time, the police college should also strengthen the communication and cooperation with the actual combat departments, and keep abreast of the latest developments of police practice and changes in needs, so as to better adjust the teaching strategy and direction.

In terms of teaching methods, police colleges in universities have been committed to exploring more diversified and effective teaching models. Although the traditional teaching method has certain advantages in imparts knowledge, it is often easy to make students fall into a state of passive acceptance, which is not conducive to stimulating their active learning and thinking ability. Therefore, many teachers begin to try to integrate discussion method and case analysis method into classroom teaching to guide students to actively participate in the learning process and cultivate their critical thinking and problem-solving abilities^[13]. The application of discussion method enables students to conduct in-depth discussion and exchange on a certain topic or issue in class. In this way, students can not only express their own views and opinions, but also get new ideas and inspirations from the speeches of others. This interactive way of learning helps to stimulate students' interest and enthusiasm in

learning, as well as develop their teamwork and communication skills. By introducing real police work cases, the case analysis method allows students to deepen their understanding and application of theoretical knowledge in the process of analyzing and solving problems. This teaching method can not only improve the trainees' practical operation ability, but also cultivate their professional sensitivity and adaptability. By analyzing the success and failure experiences in the cases, the trainees can better understand the complexity and challenge of police work and be fully prepared for their future careers. In addition to the above teaching methods, police colleges in universities are also actively introducing modern teaching methods, such as multimedia teaching and online teaching. Multimedia teaching presents teaching content in various forms such as images, audio and video, making abstract theoretical knowledge more intuitive and easy to understand. Network teaching breaks the limitation of time and space, so that students can learn anytime and anywhere, which greatly improves the flexibility and convenience of learning.

Although police college in universities has made many attempts and improvements in teaching methods and means, there are still some problems to be solved. Some teachers rely too much on the traditional teaching method, which leads to the lack of interactivity and interest in classroom teaching. At the same time, some modern teaching methods have not been fully utilized, resulting in the waste^[12] of teaching resources. In order to solve these problems, police colleges in universities need to further strengthen teacher training and improve their teaching ability and innovative consciousness. At the same time, a perfect teaching evaluation mechanism should be established to encourage teachers to constantly explore and improve teaching methods and means to enhance teaching quality and effect. The reform and innovation of teaching methods and means in police college is a continuous process. By introducing diversified teaching methods and modern teaching methods, it can stimulate students' learning interest and enthusiasm, and improve their comprehensive quality and practical ability. However, there are still many challenges and problems in the reform process, and it is necessary for the college and teachers to work together to constantly explore and improve the teaching mode to meet the needs of police personnel training in the new era.

3.3. Existing problems and challenges

In the current practice of police college reserve talent training, there are indeed a series of problems and challenges to be solved (Table 4). These problems are not only related to the

development of individual students, but also affect the quality of the whole police team and the efficiency of law enforcement in the future.

Table 4. Problems in the training practice of reserve talents in university police college

Categories	Questions
Curriculum	The course structure is rigid, lacking
	flexibility and pertinence, and it is
	difficult to meet the individual needs of
	different students
Teaching methods	Relying on the traditional teaching
	method while ignoring other more
	effective teaching methods, it is still too
	simple and lack of innovation in practice
Training Base	Insufficient investment in construction
	has resulted in insufficient practical
	opportunities for students
Teaching staff	The unreasonable structure of the
	teaching team, the teaching concept and
	teaching method are relatively outdated,
	which is difficult to adapt to the needs of
	-

police personnel training in the new era. Although the new teachers have higher academic qualifications and theoretical level, they lack practical experience, which makes it difficult for them to combine theory with practice in teaching

In terms of curriculum, although the existing curriculum system covers basic theory, professional skills and practical courses, there are still many shortcomings. The curriculum content is too outdated and fails to keep pace with social development and changes in crime patterns, resulting in a disconnect between what students have learned and their actual work needs. At the same time, the curriculum structure is inflexible, inflexible and untargeted, and it is difficult to meet the individual needs^[14] of different students. This unreasonable curriculum undoubtedly limits the expansion of students' knowledge structure and the improvement of their skill level, which will affect their future development in the police profession.

In terms of teaching methods, although the police college in colleges and universities has adopted a combination of various teaching methods, it is still too simple and lacking of innovation in practice. Some teachers rely too much on the traditional teaching method, and neglect other more effective teaching methods, such as case analysis, role playing and so on. This single teaching method is not only difficult to stimulate students' interest and enthusiasm in learning, but also may lead to students' lack of coping ability in the face of complex and changeable actual law enforcement situations.

The shortage of practical training bases is also a major challenge facing police colleges in universities. Practical teaching plays an important role in the training of police talents. However, due to various reasons, many police colleges have insufficient investment in the construction of practical training bases, which leads to the lack of enough practical opportunities for students. This not only affects the improvement of the students' practical operation ability, but also makes them face great risks in the future law enforcement work.

The lag in the construction of teaching staff is also an important factor restricting the quality of reserve talents training in police colleges. Although some teachers have rich practical experience, their teaching ideas and teaching methods are outdated, which is difficult

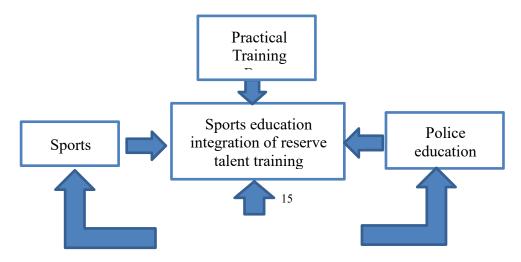
to meet the needs of police personnel training in the new era. At the same time, although some new teachers have higher academic qualifications and theoretical level, they lack practical experience, which makes it difficult for them to combine theory with practice in teaching. This unreasonable structure of the teaching staff undoubtedly affects the teaching quality of the whole police college.

Police colleges in universities are faced with many problems and challenges in the process of training reserve talents. In order to solve these problems, we need to carry out comprehensive and in-depth reform and innovation from the course setting, teaching methods, training base construction and teacher team construction. Only in this way can we ensure that the police college of universities can train more high-quality and highly skilled police talents and make greater contributions to the security of the country and the stability of the society.

4. Construction of reserve talents training system from the perspective of sports and education integration

4.1. Integration of sports and police education

Under the backdrop of the integration of sports and education, police colleges in universities are confronted with unprecedented opportunities and challenges. To better adapt to this trend, the colleges should proactively adjust their teaching strategies, deeply integrate sports with police education, and thereby cultivate police officers who are not only physically strong but also highly professional (Figure 1).



Curriculum and teaching methods

Figure 1. Police College reserve personnel training system from the perspective of integration of physical education

In order to realize the effective integration of physical education and police education, it is necessary to carry out a drastic reform^[15] in the curriculum setting. The traditional police college courses tend to lay stress on the study of theoretical knowledge, but in the view of the integration of sports and teaching, we should appropriately increase the physical education courses closely related to the police profession. For example, police physical fitness courses can be set up to enhance students' speed, strength, endurance and other physical qualities through scientific and systematic training, so as to lay a solid foundation for future police work. At the same time, the introduction of police skills courses is also essential, which can help students master the necessary skills in actual combat, such as grappling, shooting, etc., to ensure that students can be more flexible in the face of complex and changeable law enforcement environment.

In addition to the adjustment of the curriculum, the innovation of teaching methods and means is also the key to the integration of physical education and police education. Traditional lecturing teaching can not meet the training needs of modern police talents, so we need to actively explore and practice diversified teaching methods^[16]. Situational teaching is a kind of teaching mode worth trying. It can simulate the real police scene, let the students learn and apply the knowledge in the real situation, so as to deepen the understanding and grasp of professional knowledge. In addition, simulation exercise is also an effective teaching method. By organizing students to carry out actual combat simulation exercise regularly, it can not only test the students' learning results, but also help them hone their skills in practice and improve their ability to cope with emergencies.

In the process of integrating sports and police education, we should also pay attention to the individual differences of students and teach students according to their aptitude. Each student's physical condition, learning interest and career plan are different, so teachers should fully consider these factors in the teaching process and formulate personalized teaching programs. For example, a special physical training plan can be formulated for students with poor physical fitness to help them gradually improve their physical fitness. And for those

students who are particularly interested in a particular policing skill, more practical opportunities and resource support can be provided to stimulate their enthusiasm for learning and creativity.

4.2. Optimize curriculum and teaching methods

Under the guidance of the concept of the integration of sports and education, police colleges in universities should conduct a comprehensive review and optimization of the existing curriculum. First, the college needs to ensure that the course content is closely related to the actual needs of the police profession. This means that in addition to traditional police business knowledge, more courses related to actual combat operations, psychological qualities and crisis management should be introduced. At the same time, the setting of physical education courses should not be neglected. By adding physical education courses such as police physical fitness and defense control technology, students' physical fitness and ability to cope with emergencies can be effectively improved.

In terms of teaching methods, police colleges in universities should break the traditional teaching mode and introduce more diversified and interactive teaching methods. For example, through case teaching, students can analyze real police cases in depth, thereby cultivating their critical thinking and problem-solving skills. In addition, teaching methods such as role playing and simulation exercises can also allow students to practice in a simulated real environment and improve their ability to cope with complex situations. With the development of science and technology, the application of information technology in teaching is becoming more and more extensive. Police colleges in universities can make use of multimedia and network teaching resources to provide students with more abundant and vivid learning materials. For example, through online courses, virtual LABS and other means, students can study anytime and anywhere, breaking the restrictions of time and space. This flexible way of learning not only helps enhance students' interest in learning, but also cultivates their ability to study independently.

By optimizing the curriculum and teaching methods, police colleges in universities can build a more perfect and efficient reserve personnel training system from the perspective of the integration of sports and education. This not only helps to improve the comprehensive quality of the students, but also can better meet the actual needs of the police profession, and contribute more high-quality police talents to the harmony and stability of the society.

4.3. Strengthen the construction of practical teaching and training bases

Practical teaching plays an important role in the personnel training of the police College. Through the establishment of close cooperative relations with public security organs, enterprises and institutions, police colleges in universities can provide students with a more real and practical environment. This mode of cooperation not only helps students to have a deeper understanding of the actual operation of the police profession, but also allows them to hone their skills in practice and improve their ability to deal with complex situations.

In terms of the construction of training bases, police colleges in universities should pay attention to the diversification and practicability of the bases. Diversification means that the base should cover different types of policing scenarios, such as criminal investigation, traffic management, community policing, etc., so that trainees can have full contact with and become familiar with various police work. Practicality requires the facilities and equipment of the base to keep up with The Times and be able to simulate various situations that may be encountered in modern policing work, so as to ensure that what trainees learn in practice is truly useful skills and knowledge. Organizing students to participate in police practice activities is an effective way to improve their actual combat ability. By participating in actual combat exercises such as patrol prevention and control and emergency response, students can test the theories they have learned in practice, find out their shortcomings, and make timely improvements. This way of training in combat not only enables the trainees to grow rapidly in actual combat, but also cultivates their teamwork spirit and ability to cope with emergencies.

Simple practical teaching is not enough to ensure the overall improvement of students. In order to ensure the quality and effect of practical teaching, police colleges in universities need to establish a set of sound management and evaluation mechanism. This includes the supervision of the practical teaching process, the assessment of the students' practical results and the assessment of the teachers' practical teaching ability. Through these mechanisms, the college can find and solve the problems existing in practical teaching in a timely manner, and constantly optimize the practical teaching system, so as to ensure that every student can get real promotion and growth in practice. In order to better adapt to the requirements of the integration of physical education, the construction of practical teaching and training base also needs to be closely combined with physical education. For example, the content of physical training can be integrated into practical teaching, so that students can exercise their physical

strength and willpower in simulated actual combat scenarios. In addition, forms such as sports competitions can be used to cultivate students' sense of competition and teamwork spirit, which are indispensable qualities for future police careers. Strengthening the construction of practical teaching and training bases is the key link for the police college to build the reserve personnel training system in the view of the integration of sports and education. By deepening the cooperation with public security organs, enterprises and institutions, establishing diversified practical training bases, organizing rich police practice activities, and establishing perfect management and evaluation mechanism, we can train more police talents with high quality and high skills, and make greater contributions to national security and social stability.

5. Conclusions

Under the background of the integration of sports and education, the establishment of the reserve talents training system of police college in universities is an effective way to improve the quality of police talents in the new era. By integrating sports and education resources and optimizing the curriculum, we can not only strengthen the physical quality of students, but also comprehensively improve their comprehensive quality, so that they can better adapt to the complex and changeable police work environment in the future. The strategy of optimizing the curriculum and teaching methods, by increasing the physical education courses closely related to the police profession and adopting diversified and innovative teaching methods, has effectively stimulated the students' interest in learning and enthusiasm, and improved the teaching effect. At the same time, it has also laid a solid foundation for cultivating police talents with high quality and high skills. Secondly, strengthening the construction of practical teaching and training bases is a key link to improve the practical operation ability and comprehensive quality of students. By establishing stable cooperative relations with public security organs, enterprises and institutions, it provides students with abundant practical opportunities and real police scenes. This mode of "cooperation between school and bureau and cooperation between school and enterprise" not only enhances the practical operation ability of students, but also enhances the practical operation ability of students. It also enables them to better use the knowledge and skills they have learned in practical work. The construction of reserve talents training system of police college is a systematic project, which involves the optimization of curriculum, the improvement of teaching methods and means, the implementation of personalized teaching and so on. Only through all-round reform and innovation, can we cultivate outstanding talents with both strong

body and superb police skills, and contribute to the security and stability of the country and the prosperity and development of the society.

Competing Contributions

ZJ.C and J.M led the study. All authors conceived and designed the study. ZJ.C, J.M, NQ.G, and QY.C drafted the article. All authors made critical revisions to the manuscript for important intellectual content and gave final approval of the manuscript.

Competing interests

The authors declare no competing interests.

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