

# Research on the Construction and Implementation Path of Professional Talent Training Mechanism for High-Quality Development of China's Disabled Sports Industry Under the Background of Chinese Modernization

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**Abstract:** In the context of Chinese modernization, sports for the disabled, as an important part of the overall development of society, is of great significance in enhancing the comprehensive strength of the country and improving the well-being of the people. With China's increasing attention and investment in sports for the disabled, the cultivation of professional talents has become the key to promoting its high-quality development. Through literature and logical analysis, this study systematically analyzed the development history and current situation of sports for disabled people in China, and found that the cultivation of professional talents for people with disabilities in China is currently facing many challenges including an imperfect training system, insufficient teaching staff, inadequate policy and resource support, unclear career development paths, insufficient diversified training, and insufficient consideration of the participation and needs of people with disabilities. Accordingly, this study proposed a series of innovative and actionable strategies, including improving the training system, strengthening the construction of the teaching staff, increasing the support of policies and resources, broadening career paths, and promoting diversified development. These strategies aim to provide solid theoretical support and practical guidance for the cultivation of sports professionals with disabilities, so as to promote their high-quality development and help people with disabilities better integrate into society and share the fruits of sports. In the future, we will continue to pay attention to and explore the innovation of the mechanism and practice path for the training of sports professionals with disabilities, so as to contribute to the sustainable prosperity and development of sports for the disabled in China, and to promote the comprehensive progress and inclusive development of the society.

**Keywords:** Sports for the Disabled; High-Quality Development; Professional Talent Training; Chinese Modernization; Education System

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## 1. Introduction

In the great practice of socialism with Chinese characteristics in the new era, Chinese modernization, with its unique choice of path, deep cultural heritage and distinctive characteristics of the times, is leading China to realize comprehensive and

profound changes in various fields, including the economy, society and culture<sup>[1][2][3]</sup>. In this grand context, the importance of sports for the disabled has become more and more prominent as a key indicator for measuring the progress of social civilization, reflecting the spirit of humanistic care, and testing the country's ability to modernize its governance<sup>[4][5][6]</sup>. Sports for persons with disabilities not only has a bearing on the physical and mental health and quality of life of persons with disabilities, but is also an important force in promoting social justice and inclusive social development<sup>[7][8]</sup>.

In recent years, with the in-depth implementation of the national fitness strategy and the vigorous development of the cause of persons with disabilities, China's sports for persons with disabilities has ushered in unprecedented opportunities for development, and athletes with disabilities have made repeated successes in international competitions, which highlights the remarkable achievements and profound potential of China's sports for persons with disabilities<sup>[9]</sup>. However, behind the rapid development of sports for the disabled, the problem of training professionals has gradually surfaced, becoming a key bottleneck that restricts its high-quality development<sup>[10]</sup>. As the core driving force for the development of sports for persons with disabilities, the quantity and quality of professional talents are directly related to the popularization of sports for persons with disabilities, the improvement of the level of competition, and the inheritance and promotion of sportsmanship<sup>[11]</sup>. In the field of sports for people with disabilities, professionals play multiple roles. They are skill transmitters who help people with disabilities to improve their sports skills through professional training and guidance. They are also spiritual leaders who inspire disabled people to challenge themselves and surpass their limits with the sportsmanship of self-improvement and courage to strive. What's more, they are cultural communicators, promoting deep integration and communication between people with disabilities and society, and promoting the formation of a good social atmosphere of understanding, respect, and care for people with disabilities<sup>[12]</sup>. However, at present, the training mechanism for disabled sports professionals in China is imperfect, and there are a series of problems that need to be solved urgently. Specifically, the lack of clear training objectives leads to the deviation of the training direction from the actual demand. And the unreasonable curriculum is difficult to meet the diversified and specialized development requirements of the sports industry of the disabled. Additionally, the lack of teaching staff restricts the scale and quality of talent training and the incomplete evaluation system makes it difficult to accurately measure<sup>[13][14]</sup> the actual effectiveness of talent training. These problems have led to the shortage of sports professionals and the low quality of sports professionals for the disabled in China, which has seriously restricted the sustainable and healthy development of sports for the disabled in China.

Therefore, building a professional talent training mechanism that meets the requirements of Chinese modernization and can effectively promote the high-quality development of disabled people's sports has become an important issue that needs to be solved urgently. The purpose of this study is to comprehensively sort out the historical lineage and current situation of the development of disabled sports in China, deeply explore the rules and characteristics of the training of disabled sports professionals, and systematically analyse the problems and challenges of the current talent training mechanism through the literature method and logical analysis method. On this basis, combining China's national conditions and the actual needs of the development of sports for persons with disabilities, a set of innovative, targeted and operable programs for the construction of professional talent training mechanisms was proposed, so as to provide solid talent support and intellectual guarantee for the high-quality development of sports for persons with disabilities through policy guidance, resource integration and other means. This study will not only be of great significance in promoting the sustainable development of sports for the disabled in China, but will also contribute China's ideas, visions and solutions to the international community.

## **2.The Basic Situation of Disabled People in China and Preliminary Research Foundation related to Their Sports Activities**

### **2.1 The Overall Proportion of Persons with Disabilities in China**

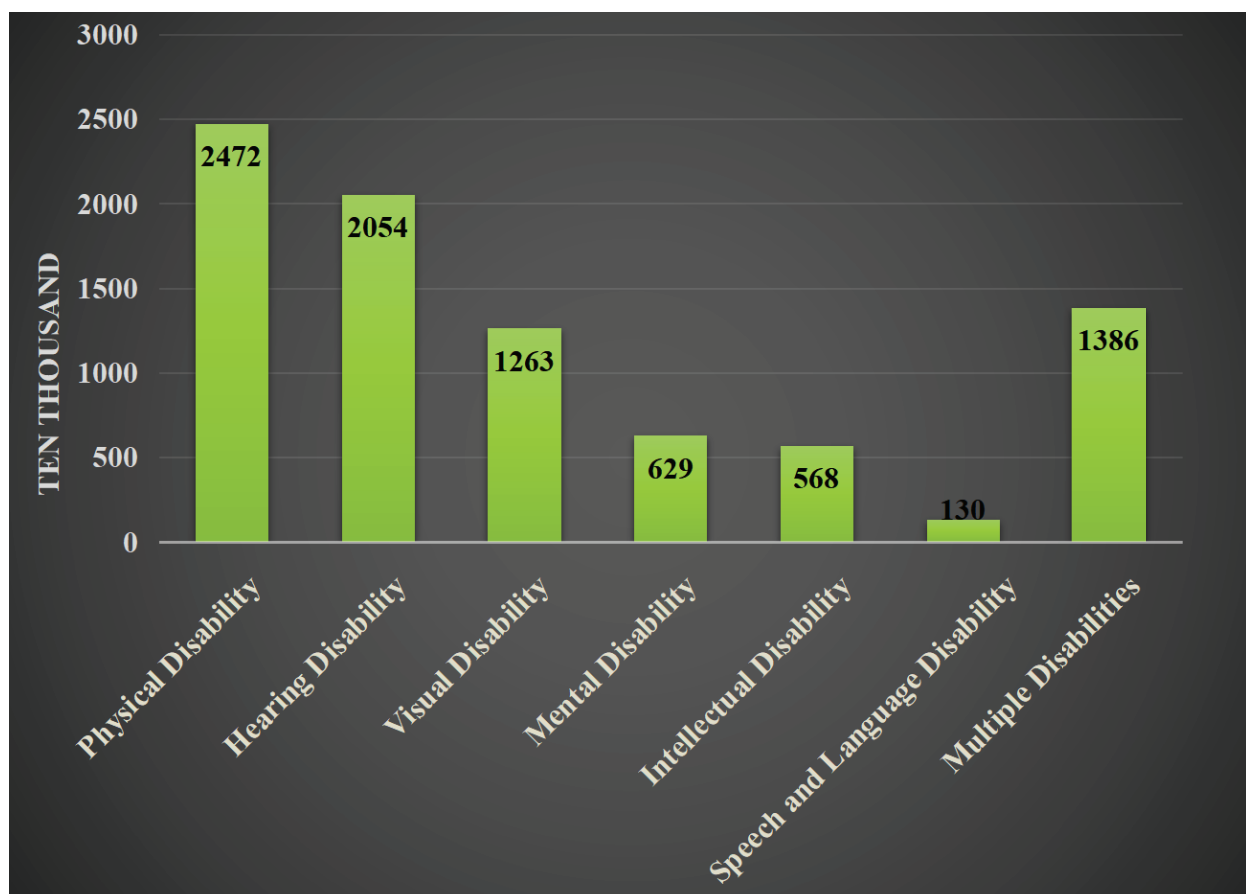
As an important part of the society, the number and distribution of persons with disabilities is not only an important yardstick for measuring the progress of civilization and inclusive development of a country or region, but also a key indicator for assessing the soundness and effectiveness of the social security system<sup>[15][16][17]</sup>. The purpose of this paper is to systematically sort out and analyze the overall number of people with disabilities in China based on the authoritative data released by the National Bureau of Statistics of China as well as relevant sample survey data including the Second China National Sample

Survey on Disability, with the aim of providing scientific basis and reference for policy makers and social support system builders.

This study analyzes the quantitative characteristics and distribution of the disabled population in China, based on the official data released by the National Bureau of Statistics of China (NBS) and the results of the Second National Sample Survey on Persons with Disabilities (NSSPD). Firstly, this study adopted the statistical data of the National Bureau of Statistics of China, which shows that the total number of persons with disabilities in China is 85,914,000 at the end of 2022, accounting for 6.16% of the total population of the country<sup>[18][19]</sup>. This data not only provides exact information on the total number of persons with disabilities, but also reveals the proportion of persons with disabilities in the total population. Compared with the data from the Second China National Sample Survey on Disability (at that time, the total number of persons with disabilities was 82.96 million, or 6.34%), although the total number of persons with disabilities has increased, their share in the total population has decreased slightly. This change reflects that while the total population of China continues to grow, the proportion of people with disabilities has remained relatively stable.

Secondly, this study analyzed in detail the proportion of different types of disabled persons in the total population. The results show that persons with physical disabilities are the most numerous, amounting to 24.72 million, occupying a larger proportion of the total number of persons with disabilities. This is followed by persons with hearing disabilities( totaling 20.54 million), persons with visual disabilities(12.36 million), persons with multiple disabilities(13.86 million), persons with mental disabilities(6.29 million), persons with intellectual disabilities(5.68 million), and persons with speech disabilities(1.3 million), which can be shown in Figure 1<sup>[20][21]</sup>. These data not only clearly show the specific number of persons with various types of disabilities, but also profoundly reflect the distribution of different types of disabilities in the total population and the proportion they account for. Through in-depth analysis of the data released by the National Bureau of Statistics of China and the results of the Second China National Sample Survey on Disability, this study systematically reveals the quantitative characteristics and distribution of the disabled population in China, and provides a solid empirical foundation for the subsequent formulation of policies and the construction of a social support system.

Figure1: Results of Second China National Sample Survey on Disability, 2006.



The group of persons with disabilities in China is large and stable, and its proportion of the total population, although slightly fluctuating, has remained stable overall. This phenomenon may be related to the trend of population ageing in China, changes in the definition of disability as a result of advances in medical technology, and the gradual improvement of the social security system. In addition, the differences in the proportions of different types of disabilities in the total population suggest that we should take full account of the diversified needs of persons with disabilities when formulating relevant policies, so as to realize a precise application of policies.

In summary, the number of persons with disabilities in China is large and their composition is complex. In the future, with the rapid development of society and changes in the demographic structure, the disabled community will face more challenges and opportunities. Therefore, the government and all sectors of society should continue to pay attention to the well-being and protection of the rights and interests of persons with disabilities, strengthen the construction of the service system for persons with disabilities, and promote the comprehensive development of the cause of persons with disabilities. At the same time, there is a need to further improve the statistical monitoring system for persons with disabilities in order to provide more accurate data support for policy-making.

Figure2: Distribution of Disability Levels of Persons with Disabilities in China.

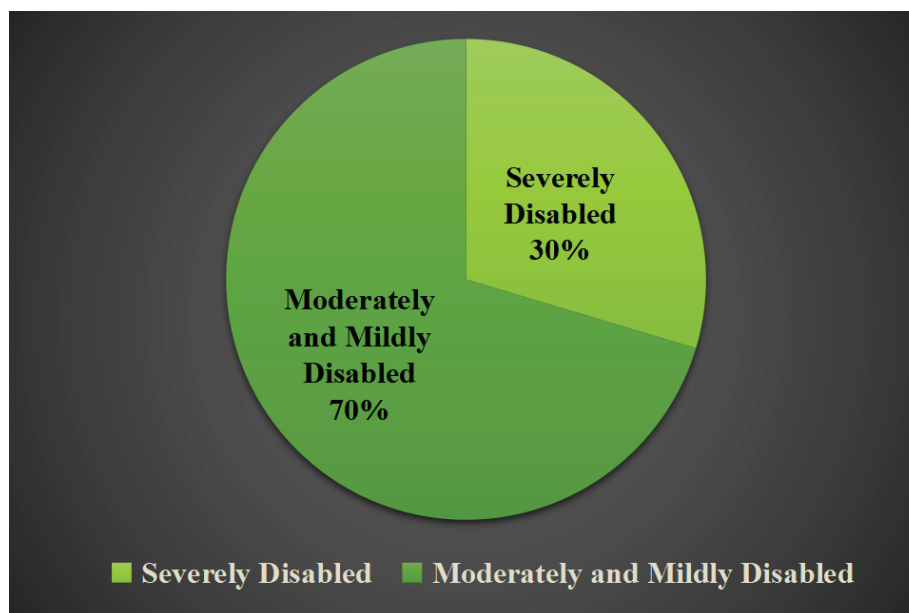
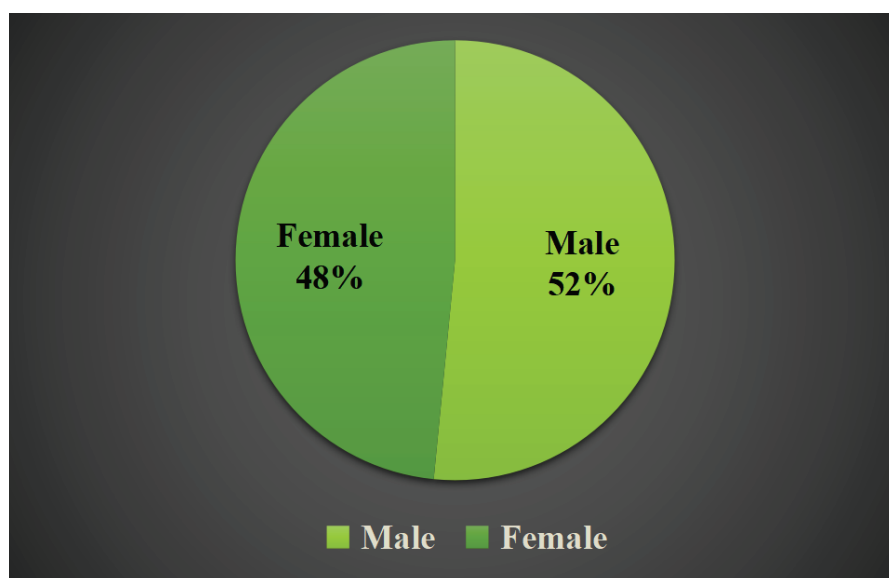


Figure3: Gender Distribution of Persons with Disabilities in China.



In addition, as an important part of the pluralistic composition of society, the living conditions, development needs and social integration of persons with disabilities are important yardsticks for measuring social civilization and progress. Based on an in-depth analysis of the results of a multi-dimensional statistical survey on people with disabilities in China by disability level, gender, urban and rural area, age, and marital status, this paper aims to comprehensively depict the characteristics of people with disabilities in China, and to explore the challenges and needs that they face in terms of life, employment, medical care, and education, with a view to providing a scientific basis for building a more inclusive and harmonious social environment. Specific information on the results of the statistical survey on the distribution of Chinese persons with disabilities by disability grade, gender, urban and rural area, age, and marital district is provided in Figures 2, 3, 4, 5, 6, and 7, which show that these different types of persons with disabilities face different challenges and needs in terms of their lives, employment, medical care, education, and so on<sup>[22]</sup>.

Figure4: Age Distribution of Persons with Disabilities in China.

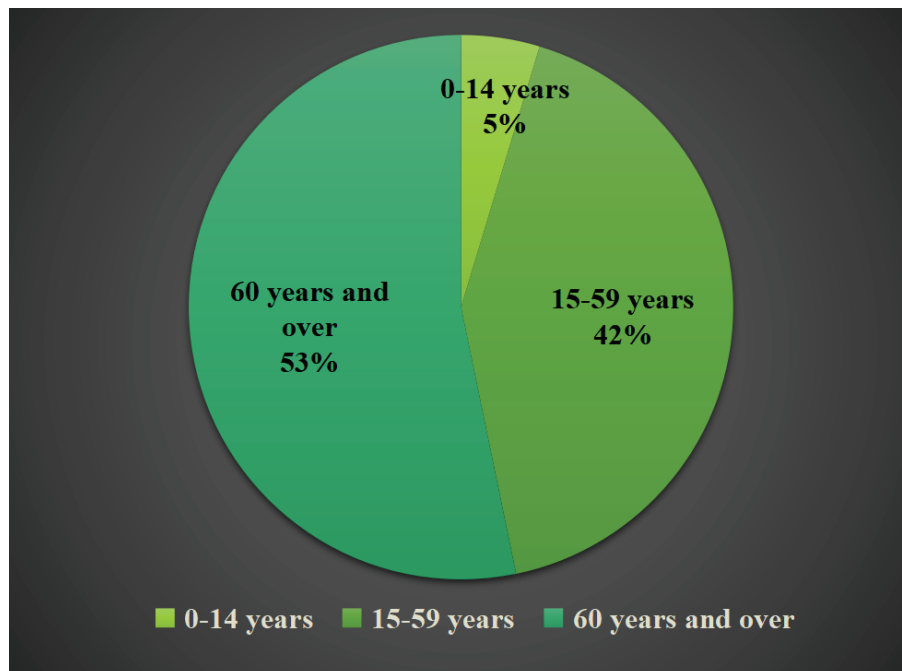
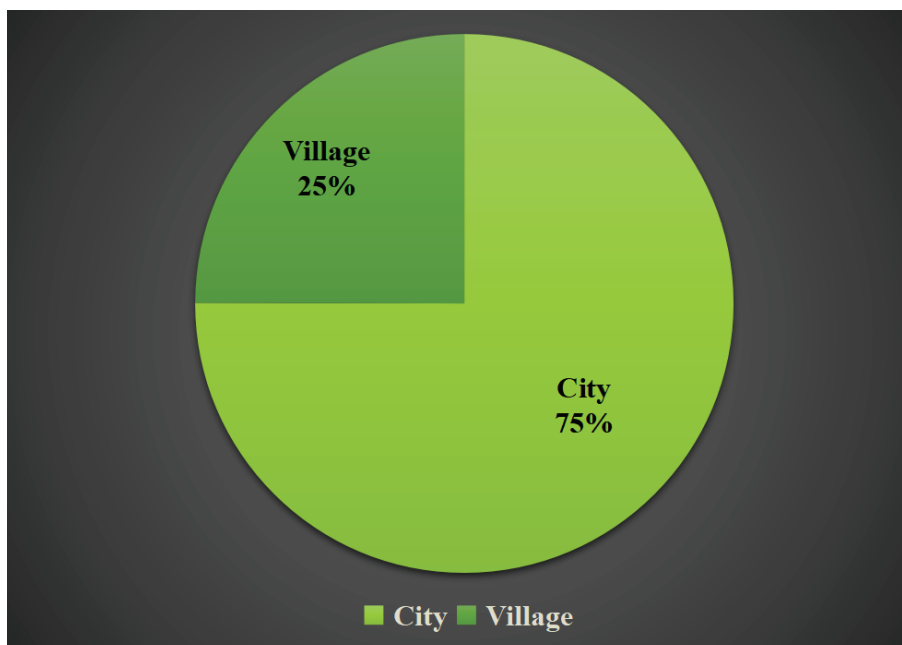
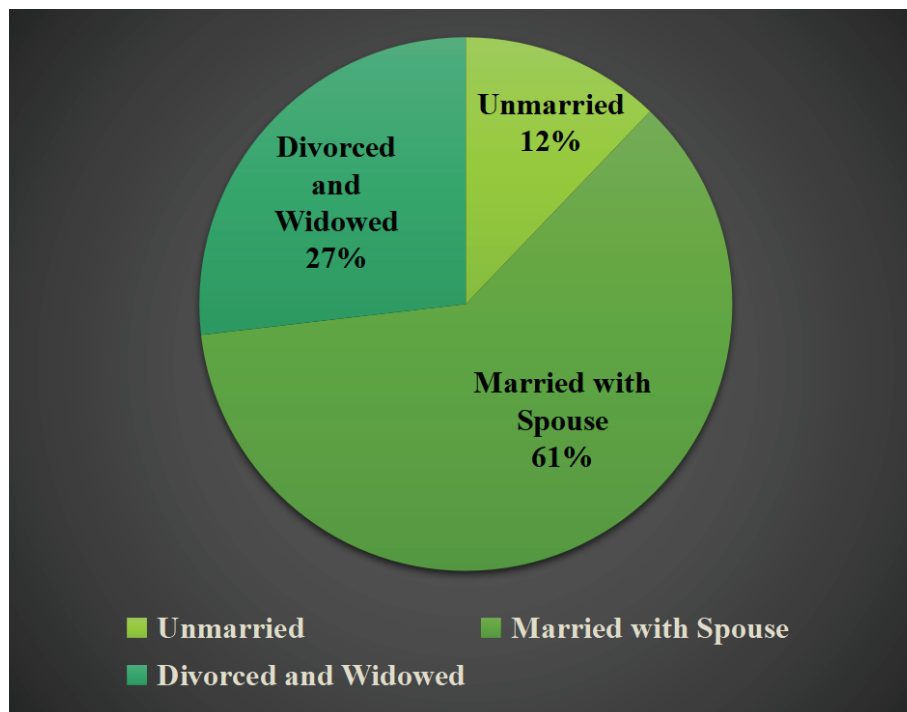


Figure5: Urban-rural Distribution of Persons with Disabilities in China.



In summary, the disabled population in China is large in number and diverse in character, and faces multidimensional challenges and needs. Paying attention to the life and development of persons with disabilities is not only a matter of their own well-being, but also a sign of the progress of social civilization. Therefore, the government, social organizations and all sectors of society should work together to build a more inclusive and barrier-free social environment, and to improve the quality of life and social participation of persons with disabilities. In the future, the statistical monitoring system for persons with disabilities should be further improved, the accurate identification of and response to the needs of persons with disabilities should be deepened, and the comprehensive development of the cause of persons with disabilities should be promoted, so as to create a harmonious society.

Figure6: Distribution of Marital status of Persons with Disabilities in China



## 2.2 The Participation in Sports Activities for Persons with Disabilities in China

The 4th Asian Para Games was held from October 22nd to 28th, 2023 in Hangzhou, Zhejiang Province.

The Chinese sports delegation won 214 gold medals, 167 silver medals, and 140 bronze medals, totaling 521 medals, breaking 13 world records and 35 Asian records, creating the best record in history, and achieving “four consecutive championships”. With practical actions, they have fulfilled their solemn commitment of “wonderful competition and outstanding participation” and “two Asian Games, equally wonderful”, and won new honors for the motherland and the people. Mass sports for persons with disabilities have been incorporated into the national development strategy and the overall situation of the cause of persons with disabilities, and have continued to meet the rehabilitation and fitness needs of the majority of persons with disabilities<sup>[23]</sup>.

Meanwhile, according to the annual statistics of the China Disabled Persons’ Federation for the year 2023<sup>[24]</sup>. Current mass sports and fitness activities for persons with disabilities in China: 383 sports and fitness activities have been organized nationwide, with a total of 177,393 participants. This shows that sports and fitness activities for persons with disabilities have been widely promoted nationwide. And a total of 158 sports competitions for the disabled have been held, with 18,002 disabled athletes participating, showing the level of activity in sports competitions for people with disabilities. As for sports training bases for the disabled, there are 256 training bases nationwide, providing specialized training places for disabled athletes. Moreover, a total of 781 coaches have been appointed, which provides professional guidance for disabled sports training. Table 1 shows the efforts made by various regions in the training of disabled sports talents and the building of coaching teams.

Firstly, in terms of the number of participants, there are significant differences among regions. Some regions, such as Beijing, Shanghai and other economically developed cities rich in sports resources, have a higher number of participants, which may be related to the fact that these regions pay more attention to sports for persons with disabilities and invest more resources. On the other hand, some remote or economically backward regions have relatively fewer participants, which may be related to local sports facilities, economic conditions and the awareness of sports for the disabled.

Secondly, in terms of the number of athletes, different regions also show different characteristics. Some regions have more athletes in specific sports, which may be related to local sports traditions, coaching level and athlete selection. At the same time, some regions have a certain number of athletes in multiple sports events, which reflects the comprehensiveness and balance of these regions in the cultivation of sports talents for the disabled.

Finally, in terms of the number of coaches, there are also differences in the construction of coaching teams in various regions. Some regions have more professional coaches, which helps to improve the training level and competitive strength of local sports for the disabled. Some regions, on the other hand, face a lack of coaching resources, which may limit the development of local sports for the disabled. The number of training bases and coaches may have a connection with resource allocation. Regions with sufficient resources may have more training bases and coaches, thus attracting more disabled people to participate in sports activities. In addition, the table also displays the investment and achievements of various regions in sports for the disabled people through specific data. These data not only provide valuable empirical information for researchers, but also provide decision-making basis for policy makers.

*Table 1: Statistics of Sports Activities for Disabled People in all Provinces Released by the China Disabled Persons' Federation In 2023*

Region	Fitness Sports Activities for PWDs	Participants of Fitness Sports Activities for PWDs	Sports Events for PWDs	Disabled Athletes Who Participated in the Sports Events	Sports Training Bases for PWDs	Contracted Coaches
	Time	Person-time	Time	Person-time	Unit	Person
Nation (全国)	383	177393	158	18002	256	781
Beijing (北京)	42	15630	21	166	6	33
Tianjin (天津)	3	2980			6	13
Hebei (河北)	59	20540	2	1336	13	31
Shanxi (山西)	2	200	9	900	5	16
Inner Mongolia (内蒙古)	6	950	1	1060	3	6
Liaoning (辽宁)	32	10900	2	895	9	32



Region	Fitness Sports Activities for PWDs	Participants of Fitness Sports Activities for PWDs	Sports Events for PWDs	Disabled Athletes Who Participated in the Sports Events	Sports Training Bases for PWDs	Contracted Coaches
	Time	Person-time	Time	Person-time	Unit	Person
Jilin (吉林)	3	9000	9	750	16	28
Heilongjiang (黑龙江)	2	300	1	594	6	6
Shanghai (上海)	2	20000	6	1434	5	35
Jiangsu (江苏)	2	1200			3	11
Zhejiang (浙江)	4	775	15	756	10	53
Anhui (安徽)	8	650	1	200	6	7
Fujian (福建)	99	6384	1	109	20	34
Jiangxi (江西)	11	1780	1	87	14	50
Shandong (山东)	5	800	2	280	12	57
Henan (河南)	3	415	13	1225	6	55
Hubei (湖北)	2	200	4	300	11	22
Hunan (湖南)	1	13874			5	15
Guangdong (广东)	6	745	12	251	9	50
Guangxi (广西)	5	3000	17	899		22
Hainan (海南)	1	100	2	700	12	38
Chongqing (重庆)	4	32000	2	449	24	24



Region	Fitness Sports Activities for PWDs	Participants of Fitness Sports Activities for PWDs	Sports Events for PWDs	Disabled Athletes Who Participated in the Sports Events	Sports Training Bases for PWDs	Contracted Coaches
	Time	Person-time	Time	Person-time	Unit	Person
Sichuan (四川)	7	2461	16	1381	19	48
Guizhou (贵州)	4	600	1	600	6	11
Yunnan (云南)	3	251			7	21
Xizang (西藏)	3	166				
Shaanxi (陕西)	45	25000	3	108	5	9
Gansu (甘肃)	5	2270	8	450	8	18
Qinghai (青海)	6	2700	5	1400	1	1
Ningxia (宁夏)	5	1300	2	372	2	25
Xinjiang (新疆)	2	102	2	1300	6	10
Xinjiang Production (新疆兵团)	1	120			1	

Overall, China has made some progress in sports activities for persons with disabilities, but there are still regional differences. In order to further enhance the level of sports activities for the disabled, more efforts are needed in terms of policy support, resource allocation and public awareness-raising. Different regions show different characteristics in terms of participation in sports for the disabled, the number of athletes and the construction of coaching teams. Economically developed regions with rich sports resources generally have higher participation, number of athletes and number of coaches, while remote or economically relatively backward regions have relatively fewer. These data reflect the differences and imbalances between regions in China's sports for the disabled. In the future, in order to promote the comprehensive development and balanced progress of China's sports industry for people with disabilities, investment in and support for sports for the disabled should be further increased, especially in remote and economically underdeveloped areas. At the same time, data at the prefecture and county levels will help identify and address inter-regional differences more accurately and promote the balanced development of sports activities for the disabled. In addition, by analyzing the data from each province, it can provide a basis for formulating targeted strategies for the development of sports for persons with disabilities and promote the comprehensive

development of sports for persons with disabilities.

## **2.3 The Development History of the Training of Sports Professionals for the Disabled in China**

### **2.3.1 Emerging Phase (before 1980s)**

Prior to the 1980s, the training of sports professionals for the disabled in China was still in its infancy. During this period, sports activities for the disabled were mainly organized by social organizations and a few enthusiasts on their own initiative, lacking systematic planning, not to mention the formation of a professional training system for sports talents for the disabled. Due to the limited social awareness of sports for the disabled, the cultivation of sports talents for the disabled often relied on the sporadic guidance of individual coaches or volunteers, and lacked scientific and systematic nature. At the same time, due to limited resources, the cultivation of sports talents for the disabled also faced many difficulties, such as insufficient funds, lack of venues and poor facilities<sup>[25]</sup>.

### **2.3.2 Initial Phase (1980s - early 1990s)**

Entering the 1980s, as the international community paid more attention to sports for the disabled, China also began to gradually recognize the importance of sports for the disabled<sup>[26]</sup>. In particular, after the 1984 Los Angeles Paralympics, the outstanding performance of Chinese disabled athletes inspired widespread attention to disabled sports in China. Against this background, China began to gradually set up a number of sports programs and training places for the disabled, and tried to establish a preliminary training system for disabled sports talents. At this stage, some colleges and universities and social organizations began to pay attention to and try to cultivate sports professionals for the disabled, and initially explored the path of cultivating sports talents for the disabled by opening sports training courses for the disabled and organizing sports competitions for the disabled, etc. At the same time, the government also began to increase the number of disabled sports programs and the investment in sports for the disabled, including funds, venues and facilities, providing initial support for the training of disabled sports talents. However, due to limited resources and a lack of experience, the cultivation of sports talents for the disabled still faced many challenges.

### **2.3.3 Development phase (mid-1990s-early 2000s)**

During the period from the mid-1990s to the early 2000s, China's sports for the disabled entered into a significant growth phase, with the establishment of the Disabled Sports Administration Center of the State General Administration of Sport in 1992 marking a milestone in the development of sports for the disabled in China and heralding a new chapter in the development of the field. During this period, many higher education institutions have introduced education programs related to sports for the disabled, aiming to train professional disabled sports coaches, referees and other core talents. These programs have not only built a more comprehensive and systematic education system to support the cultivation of disabled sports talents, but also greatly promoted the vigorous development of disabled sports. At the same time, with the frequent holding of international sports events such as the Paralympics, Chinese disabled athletes have performed well on the international stage, which has greatly increased the attention and enthusiasm for disabled sports in China.

In addition, the government has introduced a series of policy measures aimed at promoting the development of sports for persons with disabilities, including the establishment of a specialized sports fund for persons with disabilities and the strengthening of sports facilities for persons with disabilities. The implementation of these measures has not only provided more solid support and safeguards for the cultivation of sports talents for persons with disabilities, but has also promoted the all-round progress of sports for persons with disabilities.

### **2.3.4 Maturity Phase (2000s-early 2010s)**

After entering the 21st century, China's sports for the disabled have gained wider attention and importance, and the successful hosting of the Beijing Paralympics in 2008 has set a new milestone for China's sports for the disabled<sup>[27]</sup>. During this period, the cultivation system of Chinese disabled sports professionals had been increasingly improved. Numerous sports colleges and universities have added specialties or related courses in sports for the disabled, focusing on cultivating talents with professional skills in the field of sports for the disabled. These majors or courses not only cover all aspects of sports for the disabled, such as training, management, rehabilitation, etc., but also focus on internationalization and improve the international level of talent training. At the same time, with the internationalization and diversification of sports for the

disabled, China also began to focus on cultivating disabled sports talents with an international outlook and cross-cultural communication skills.

In addition, the government's investment and support in disabled sports have significantly increased, covering multiple aspects such as establishing special funds for disabled sports, upgrading disabled sports facilities, and frequently hosting various disabled sports events. These practical actions have not only optimized the environment for the training of disabled sports personnel and enhanced their professionalism, but have also greatly accelerated the growth of disabled sports and promoted their widespread popularization in society.

### **2.3.5 Professionalization Phase (2010s - present)**

After entering the 2010s, China's training of sports personnel with disabilities has entered a more systematic and specialized phase. At this stage, the State and major sports colleges and universities have strengthened their attention to and investment in professional education for disabled sports. They have not only improved the quality of education, but also expanded the scope of education to cover a wide range of fields such as management, training, rehabilitation, sports science and technology of disabled sports. At the same time, with the continuous joining of disabled sports training organizations and social forces, the opportunities for talent training have become richer and more diversified. These institutions not only provide more professional training platforms and practice opportunities for disabled sports talents, but also improve the practical ability and comprehensive quality of disabled sports talents by organizing various competitions and activities.

In addition, the government has formulated a series of policy measures aimed at promoting the development of sports education for persons with disabilities. These policies have not only provided solid institutional backing and the necessary financial assistance for the cultivation of sports talents for the disabled, but have also greatly facilitated the vigorous development and social popularization of sports for the disabled. At this stage, China's sports for persons with disabilities has made remarkable achievements, not only in international competitions, but also in the formation of a favorable cultural atmosphere for sports for persons with disabilities in China.

To sum up, the development of professional training for disabled people's sports in China has been a gradual process from sprouting to specialization, witnessing a significant increase in policy support and social attention, as well as China's continuous progress in the field of disabled people's sports. In this process, the government, higher education institutions, social organizations and sports training institutions for the disabled have worked closely together to promote the rapid development of sports for the disabled. In the future, the training of disabled sports professionals in China will place greater emphasis on innovation and the application of technology, relying on new technologies such as digitization and intelligence to enhance training efficiency and scientific management level. We are committed to cultivating international, diversified, and composite disabled sports talents to further strengthen the comprehensive development of disabled sports. This series of changes not only signifies the increasing perfection of the training system for disabled sports professionals in China, but also provides solid and powerful support and guarantee for the continuous prosperity of disabled sports.

## **3. The Challenges and Issue of the Training of Sports Professionals for the Disabled in China**

### **3.1 The system for training sports professionals for the disabled in China is not yet perfect**

In China's training system for disabled sports professionals, a problem that cannot be ignored is that the maturity and completeness of the training system is still insufficient<sup>[28]</sup>. Currently, the curriculum favors the teaching of basic skills and theoretical knowledge, such as the basic rules of sports, training techniques and basic theories, which constitute the bulk of the teaching content. However, there are obvious shortcomings in this system in terms of comprehensiveness and interdisciplinary integration, especially the lack of in-depth exploration of key areas such as the psychological adjustment of persons with disabilities, the integration of rehabilitation techniques and the application of sports science and technology. This monolithic nature of the curriculum structure may lead to students facing deficiencies in their knowledge structure and skill reserves when confronted with the diversity and complexity of the practice of sports for persons with disabilities, making it difficult for them to effectively respond to the various challenges.

In addition, the weakness of practical teaching is another key factor that restricts the perfection of the training system. The

lack of sufficient opportunities for students to practice during their school years makes it difficult for them to transform the theoretical knowledge they have learned in the classroom into the ability to solve practical problems, thus limiting the overall improvement of their comprehensive ability and professionalism. The lack of practice opportunities not only affects the cultivation of students' ability to combine theoretical knowledge with practical operation, but also weakens their ability to cope with complex situations and solve practical problems in their future careers.

To sum up, China's professional training system for disabled people's sports needs to be further optimized and improved in both curriculum and practical teaching, so as to better meet the needs of the development of disabled people's sports and to cultivate composite talents with comprehensive literacy and professional skills.

### **3.2 There are insufficient teachers to train professionals in sports for the disabled in China**

Scarcity of teachers has become another notable bottleneck that restricts the quality of professional training in sports for people with disabilities in China<sup>[29]</sup>. Within this field, the scarcity of specialized teachers is particularly prominent, constituting a major challenge at present. In view of the specificity and complexity of sports for the disabled, it requires teachers not only to have solid professional knowledge of sports, but also to have an in-depth understanding of the physical and mental characteristics of people with disabilities, as well as the corresponding teaching and training methods. However, the reality is that there is a serious shortage of specialized teachers capable of performing this teaching task, and some institutions of higher education have even had to rely on non-specialized teachers to fill this gap, which undoubtedly poses a potential threat to the quality of teaching and the effectiveness of students.

In addition, the lagging nature of the teacher training system is a problem that cannot be ignored. With the rapid development of the field of sports for the disabled and the constant emergence of new technologies, the professional knowledge structure and teaching skills of teachers need to be constantly updated to meet the new requirements of high-level talent training. However, the current systematic training mechanism for teachers of sports for the disabled has not yet been well established, which makes it difficult for teachers to adapt quickly in the face of new trends and technologies in the industry, thus affecting the improvement of the quality and effectiveness of teaching. Therefore, strengthening the construction of teachers and improving the training mechanism for teachers has become a key link to improve the quality of training talents in sports for the disabled in China.

### **3.3 Insufficient Policy and Resource Support for the Cultivation of Sports Professionals with Disabilities in China**

Insufficient policy and resource support has become another significant obstacle to the further development of professional training in sports for persons with disabilities in China<sup>[30]</sup>. Although many policies have been issued at the national level to promote the vigorous development of sports for the disabled, it is often difficult for local governments to fully and effectively implement these policies due to the many constraints on resource allocation and utilization. This situation has led to significant shortcomings and deficiencies in the construction of infrastructure and the provision of specialized equipment for the training of disabled sports talents<sup>[31]</sup>.

Uneven funding is another important factor that restricts the training of sports professionals with disabilities<sup>[32]</sup>. Compared with the field of physical education for able-bodied individuals, the financial support for sports for the disabled is relatively weak, especially in small and medium-sized cities and rural areas, where the problem of funding shortage is particularly prominent. This unbalanced distribution of funds directly leads to a serious lack of infrastructure and training equipment required for the training of sports talents with disabilities, which makes it difficult to meet the basic needs of daily teaching and training, and poses a serious constraint on the quality and efficiency of talent training. Therefore, strengthening policy guidance and resource inputs to ensure adequate and balanced support for the training of sports professionals with disabilities has become a key issue that needs to be resolved urgently.

### **3.4 Unclear Career Development Paths for Disabled Sports Professionals in China**

The lack of clear career development paths is another important issue that restricts the training of disabled sports professionals in China<sup>[33]</sup>. At present, graduates of sports for the disabled are particularly limited in their choices in the job market, and their main streams are concentrated in federations of the disabled and some specific sports organizations. This

narrowness of employment channels not only exacerbates the competition in the process of job-seeking, but also seriously restricts the breadth and depth of the graduates' career development. Specifically, this single career path not only means that graduates lack diversity in their career choices, but also reflects the limitations and lack of acceptance of the disabled sports field in the society at a deeper level. The limited attention and acceptance of the society to the sports for the disabled has led to the difficulty for the practitioners in this field to obtain a full sense of professional identity and sense of belonging, which in turn affects their enthusiasm for work, professional satisfaction and motivation for sustainable development. The lack of professional identity is like an invisible barrier, which not only hinders the full realization of individual potential, but also restricts the healthy growth and sustainable development of the entire professional talent team of sports for persons with disabilities.

Therefore, clarifying and broadening the career development paths of disabled sports professionals is not only a positive response to individual career planning, but also an important cornerstone for promoting China's disabled sports to a higher level and realizing comprehensive development. In the future, it is necessary for all sectors of society to work together to enhance awareness and respect for disabled sports, provide more diverse and broader career development opportunities for disabled sports professionals, stimulate their inherent potential, and promote the prosperity and development of disabled sports.

### **3.5 Insufficient diversified training of disabled sports professionals in China**

When exploring the current situation of the training of disabled sports professionals in China, a challenge that cannot be ignored lies in the inadequacy of its diversified training system. This insufficiency is not only reflected in the limitations of international vision, but also deeply reflected in the lag of interdisciplinary integration, which together constitute a key bottleneck restricting the comprehensive development of talents.

First of all, from the perspective of international vision, with the wave of globalization sweeping across the world, international exchanges and cooperation have become an indispensable force in promoting the development of various fields. The field of sports for the disabled is no exception, and there is an urgent need for professionals with an international perspective to lead innovation and promote exchanges. However, China is still weak in the internationalization training of disabled sports professionals, and there is still room for improvement in the depth of participation in international events, the introduction and absorption of international experience, and the interface and integration of international standards<sup>[34]</sup>. This limitation of vision not only restricts the talents from learning and borrowing international advanced concepts and technologies, but also weakens China voice and competitiveness in the international sports arena for the disabled.

Secondly, the lag in interdisciplinary integration also constitutes a major obstacle in the diversified training system. As a complex and comprehensive field, the training of disabled people's sports professionals should not be limited to the sports discipline itself, but should widely absorb the knowledge and methods of psychology, rehabilitation, biomechanics and other related disciplines. However, in reality, the degree of integration between these disciplines is not high, often showing an isolated development. This single discipline-oriented cultivation mode not only limits the comprehensiveness and depth of the knowledge structure of talents, but also hinders their innovative thinking and practical ability in solving practical problems. In the face of increasingly complex and changing social needs, such talents lacking interdisciplinary comprehensive quality are often difficult to perform diversified tasks, thus restricting the sustained and healthy development of sports for the disabled.

In summary, the challenges in the construction of a diversified system for professional talents in sports for the disabled cannot be ignored. In order to effectively improve the quality and competitiveness of talent cultivation, it is necessary to actively expand the international vision and strengthen the exchange and cooperation with international advanced experience; at the same time, it is also necessary to deepen the interdisciplinary integration and build a diversified knowledge system and a comprehensive practical ability cultivation platform. Only in this way can we cultivate disabled sports professionals with both international competitiveness and interdisciplinary literacy, and provide solid talent support for promoting the vigorous development of disabled sports in China.

### **3.6 Insufficient consideration of participation in and demand for sports activities for persons with disabilities in China**



In the process of cultivating professional talents in sports for the disabled in China, a significant and urgent problem lies in the insufficient consideration of the participation in sports activities for the disabled and their individual needs. This problem is not only related to the effectiveness of talent training, but also has a profound impact on the overall development of sports for persons with disabilities.

First of all, from the perspective of individual trainees' needs, there exists significant heterogeneity within the group of persons with disabilities. Different types of disabilities, whether they are physical disabilities, visual disabilities or intellectual disabilities, show their own unique needs in sports training, psychological adjustment, rehabilitation guidance and so on<sup>[35]</sup>. However, in the current practice of training disabled sports professionals, there is often a lack of full understanding and precise grasp of this heterogeneity. Most of the curriculum design, training methods and even assessment systems fail to closely match the actual needs of people with disabilities, resulting in an obvious deviation between the training content and the expectations of people with disabilities<sup>[36]</sup>. This deviation not only weakens the training effect, but also may dampen the enthusiasm and motivation of persons with disabilities to participate, thus affecting the full realization of their sporting potential and comprehensive development.

Secondly, low social participation is also a key factor limiting the effectiveness of the training of sports professionals for persons with disabilities<sup>[37]</sup>. The lack of social attention and support to sports for the disabled has led to the lack of sufficient resources and platforms for sports activities for the disabled. This not only restricts the sports participation opportunities of the disabled, but also makes it difficult for the cultivation process to effectively match the social demand, creating a mismatch between supply and demand. Against this backdrop, the relevance and effectiveness of the training of sports professionals for persons with disabilities has been greatly reduced, making it difficult to truly meet the sports needs and expectations of persons with disabilities.

Therefore, in order to effectively respond to this challenge, the cultivation of sports professionals for persons with disabilities in China must strengthen in-depth consideration of the participation and individualized needs of persons with disabilities in sports activities. On the one hand, the specific needs of the disabled should be accurately identified through scientific methods and means, and individualized training programs should be tailored for them. On the other hand, the attention and participation of all sectors of the society in sports for the disabled should be actively promoted, and a diversified support system should be constructed, so as to provide the disabled with a broader platform and opportunities for sports participation. Only in this way can we effectively enhance the pertinence and effectiveness of the training of sports professionals for the disabled and promote the sustainable and healthy development of sports for the disabled in China.

In summary, the cultivation of professional talents in sports for the disabled in China faces a series of complex and multidimensional challenges and problems, which are intertwined and together constrain the quality and effectiveness of the cultivation of talents and hinder the further development of sports for the disabled. In the face of this situation, we must deeply realize that the improvement and upgrading of the training of professional talents in sports for persons with disabilities in China is a systematic project, which needs to start from multiple dimensions and levels and form a synergy in order to make substantial progress.

Specifically, firstly, in terms of the training system, we need to build a more scientific and perfect talent training framework, emphasize the close integration of theory and practice, strengthen the practical teaching link, and enhance the practical ability and comprehensive quality of trainees. At the same time, we should strengthen the research on the development trend of sports for the disabled, adjust the training direction and content in time, and ensure that the training of talents is highly compatible with the needs of the society. Secondly, in terms of teachers' strength, it is necessary to increase the introduction and cultivation of high-level teachers, and establish a team of teachers with profound professionalism, rich practical experience and a high sense of responsibility. Through regular training and exchanges, the teaching level and scientific research ability of teachers should be continuously improved to provide a solid teacher guarantee for talent cultivation. Thirdly, in terms of policy and resource support, the government should further increase its support for sports for the disabled, introduce more specific and feasible policies and measures, and ensure the effective landing and implementation of policies. At the same time, it is suggested to increase the investment in sports infrastructure and equipment for the disabled, improve

teaching and training conditions, and provide sufficient resources for talent training. Fourthly, in terms of career development paths, the employment channels and development space for disabled sports professionals should be broadened to enhance social recognition and concern for disabled sports. By strengthening cooperation with related industries and enterprises, more internship and employment opportunities should be provided for talents to promote their career development. Fifthly, in terms of diversified cultivation, it is necessary to pay attention to interdisciplinary integration and the expansion of international vision, and build a diversified knowledge system and a platform for the cultivation of comprehensive practical ability. Through the introduction of international advanced teaching concepts and training methods, the internationalization level and competitiveness of talent training will be enhanced. Sixthly, in terms of the participation and demand of the disabled, it is necessary to strengthen the organization and promotion of sports activities for the disabled, and enhance the sports participation and experience of the disabled. At the same time, it is necessary to conduct in-depth research on the actual needs of people with disabilities, so as to provide more accurate and personalized services for talent cultivation. Finally, the comprehensive improvement and upgrading of the training of disabled sports professionals in China is a long-term and arduous task. Only by starting from multiple dimensions and levels and forming joint efforts can we effectively meet the challenges, improve the quality and effect of talent training, and promote the sustainable and healthy development of sports for the disabled in China.

## **4. Construction and Implementation Path of Professional Talent Cultivation Mechanism for High-Quality Development of Sports for the Disabled in China in the Context of Chinese Modernization**

### **4.1 Constructing and Optimizing the Policy System for Cultivating Professional Talents in Sports for the Disabled in China**

Chinese modernization emphasizes comprehensive, coordinated and sustainable development, and in this context, it is particularly important to improve and optimize the training system for disabled sports professionals<sup>[38]</sup>. First of all, it is necessary to innovate the existing curriculum system in depth and set up interdisciplinary courses, such as psychology, rehabilitation, biomechanics and information technology, in order to broaden students' knowledge and enhance their comprehensive quality. At the same time, we enrich the practical teaching links and enhance students' practical ability and problem solving ability through practical programs such as simulated competitions, rehabilitation training and technology application. In addition, it builds a curriculum system in line with international standards, introduces international advanced concepts and methods of sports education for the disabled, focuses on the internationalized cultivation of talents, and enhances their international vision and competitiveness. Specific programs include the establishment of an international exchange and cooperation platform, the regular organization of international academic conferences and seminars, as well as overseas training and internship programs.

### **4.2 Strengthening the Teaching Staff for Cultivating Professional Talents in Sports for the Disabled in China**

The quality and level of the faculty have a direct impact on the quality of talent training<sup>[39]</sup>. In the context of Chinese modernization, there is a need to further strengthen the construction of the teaching staff and enhance the quality and effectiveness of teaching. Specifically, the treatment of professional teachers should be improved, including salaries, benefits and career development opportunities, in order to attract more high-quality talents into the field of physical education for the disabled. At the same time, continuing education and training for teachers should be strengthened, and international exchanges and academic seminars should be organized on a regular basis, so that teachers can keep abreast of the latest trends and technologies in the development of international sports for the disabled. In addition, an incentive mechanism for teachers has been established to encourage them to carry out teaching innovation and research, and to enhance their teaching standards and research capabilities. Specific programs include the establishment of teaching innovation awards and research achievement awards, as well as the establishment of teachers' career development files to provide strong support for teachers' career development.



### **4.3 Increasing Policy and Resource Support for Cultivating Sports Professionals with Disabilities in China**

Policy and resource support is an important guarantee for promoting the high-quality development of sports for persons with disabilities<sup>[40][41]</sup>. In the context of Chinese modernization, it is necessary to further increase policy and resource support and optimize resource allocation. First of all, it is necessary to ensure a stable increase in the funding for sports education for the disabled and reasonably allocate funds for improving teaching facilities, purchasing equipment and devices, and supporting scientific research projects. At the same time, nationwide demonstration bases for the training of sports talents for the disabled should be established, so as to promote balanced regional development and narrow the gap between different regions through demonstration leading and radiation leading. In addition, policy guidance and support will be strengthened to promote the deep integration of sports for the disabled with economic and social development. Specific programs include the formulation of development plans for sports for persons with disabilities, the issuance of relevant policy documents, and the establishment of special funds.

### **4.4 Broadening Career Development Paths for Cultivating Sports Professionals with Disabilities in China**

In the context of Chinese modernization, broadening the career development paths of sports professionals with disabilities is of great significance to enhancing their employment competitiveness. In order to build diversified employment channels, it is necessary to encourage social enterprises to actively participate in sports for the disabled and provide more employment opportunities and job choices<sup>[42]</sup>. At the same time, to improve the social awareness of sports for the disabled, through media publicity, public welfare activities, etc., to enhance the social attention and recognition of sports for the disabled, thus enhancing the sense of professional honor of the practitioners. In addition, a database of sports professionals with disabilities and an employment service platform have been established to provide employment guidance and career planning services for talents. Specific programs include establishing cooperative relationships with relevant enterprises, organizing job fairs for disabled sports talents, and conducting career planning seminars.

### **4.5 Promoting the Diversification of Professional Talent Cultivation for Disabled Sports in China**

Diversified development is the key to improving the overall level and international competitiveness of China's sports for the disabled<sup>[43]</sup>. In the context of Chinese modernization, it is necessary to actively promote the diversified development of the training of sports professionals for the disabled. First of all, we should strengthen cooperation and exchange with international organizations, actively introduce advanced teaching concepts and modes, and draw on successful international experience to promote the international development of Chinese sports for the disabled. At the same time, interdisciplinary cooperation and exchanges should be enhanced to promote the in-depth integration and synergistic development of sports for the disabled with science and technology, medical care, psychology and other fields. In addition, it encourages and supports disabled sports professionals to carry out innovative and entrepreneurial activities, so as to inject new vitality and impetus into the development of disabled sports. Specific programs include the establishment of partnerships with international organizations, the holding of interdisciplinary seminars, and the establishment of an innovation and entrepreneurship fund.

To sum up, in the grand context of China's modernization, the core of achieving high-quality development in China's sports for the disabled lies in the construction of a set of scientific, comprehensive and highly efficient professional talent training mechanism, and a clear path for its implementation. The construction and promotion of this mechanism should be carefully organized around the following core elements.

The first task is to improve the professional training system of sports for the disabled, which requires us not only to innovate the existing curriculum system, incorporating multidisciplinary cross-cutting knowledge, in order to enhance the comprehensive ability and international vision of students, but also to strengthen the practical teaching links, to ensure that the theory and practice of the close combination of the training of composite talents who have both profound professional knowledge and practical skills. Secondly, strengthening the construction of teachers is the key to improve the quality of talent training. By optimizing the treatment of teachers, providing continuous professional development opportunities and strengthening international exchanges and cooperation, we can attract and retain a group of high-quality teachers, injecting

a constant stream of vitality and innovation into physical education for the disabled. Furthermore, policy and resource support is an indispensable and important guarantee. The government should ensure a steady increase in funding for physical education for the disabled and rationally plan the use of funds, as well as establish national demonstration bases to promote the balanced development of physical education for the disabled among regions through demonstration and radiation-led approach. In addition, broadening career development paths is crucial to enhancing the employment competitiveness of disabled sports professionals. By encouraging the participation of social enterprises, raising social awareness, and establishing a database of professionals and an employment service platform, we can provide disabled sports professionals with more diversified career choices and broader development space. Finally, promoting diversified development is a key strategy to enhance the overall level and international competitiveness of sports for the disabled in China. By strengthening cooperation with international organizations, promoting interdisciplinary integration and encouraging innovative and entrepreneurial activities, we can provide more diversified resources and opportunities for disabled sports professionals and promote their comprehensive development. In summary, the implementation of these initiatives will together constitute a high-quality development guarantee system for the training of in sports for the disabled in China, which will not only help to improve the sports literacy and competitive level of people with disabilities, but also lay a solid foundation for their full integration into the society and sharing of the fruits of sports. In the process of Chinese modernization, this will be an important support for China's sports for the disabled to move to new heights and achieve new leaps forward.

## 5. Conclusion

This study thoroughly explores the construction and implementation path of professional talent training mechanism for the high-quality development of sports for the disabled in China in the context of Chinese modernization. By reviewing the development history of professional talents training in sports for the disabled, we found that it has made remarkable progress in the process of starting to specialization, but still faces many challenges, such as an imperfect training system, insufficient faculty, insufficient support of policies and resources, unclear career development paths, insufficient diversified training, and insufficient consideration of participation and needs of the disabled. In response to these challenges, this study proposed a series of innovative and actionable strategies, including improving the training system, strengthening the development of teachers, increasing policy and resource support, broadening career paths, and promoting diversified development. These strategies aim to provide solid theoretical support and practical guidance for the cultivation of sports professionals with disabilities, so as to promote their high-quality development and help people with disabilities better integrate into society and share the fruits of sports. In the future, we will continue to pay attention to and explore the innovation of the mechanism and practice path for the training of sports professionals with disabilities, so as to contribute to the sustainable prosperity and development of sports for the disabled in China, and to promote the comprehensive progress and inclusive development of the society.

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## Conflict of Interests

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