

# Research on Current Situation and Countermeasures of College Sports Safety Accidents based from Humanistic Perspective

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**Abstract:** In the education system of our country's ordinary colleges and universities, school physical education has been playing an important role. Physical education teaching sites are mostly outdoors, mainly using the body as a medium to carry out physical activities, so as to achieve the teaching goal of physical and mental health, which itself has certain risks. With the enhancement of people's consciousness of safeguarding rights in recent years, the legal and economic disputes caused by the accidental injury accidents of students participating in school sports activities are on the rise, which not only affects the normal physical education, but also restricts the development of physical education. Therefore, it is very urgent to study the safety problems in the course of physical education in ordinary colleges and universities.

## 1. Investigation of safety problems in college physical education

### 1.1 Basic information of students

According to the basic situation of students in ten colleges and universities, 75% of students choose 18-20 years old to have a higher frequency of injury in physical education, and 85% of boys are higher than girls. Students aged 18 to 20 have just entered the university, so they are fresh about all the activities of the university. Students in this age group are still in the ignorant stage of safety cognition in college physical education. Some students lack self-protection consciousness in sports, leading to safety problems. [1] Especially the boys, lively love movement, love in the performance, before the exercise preparation activity is not enough or the technical movement is not mature, are the causes of injury.

### 1.2 Frequency of safety problems

A survey of 720 college students on The Times of safety problems occurred in the course of class shows Table 1.

Table 1. Student safety problems investigation

No. of times	once	twice	three times	above three	none
No. of people	160	138	91	79	252
Frequency	22.2	19.2	12.6	10.9	35.1

According to the survey, among the 720 college students surveyed, 468 have experienced safety problems in the teaching process, accounting for 65% of the total number of students surveyed, which is more than half of the standard. Therefore, it can be known that the frequency of students' safety problems is relatively high in the current PE classroom teaching in universities.

Physical education teaching is divided into four parts, namely the beginning part, the preparation part, the basic part and the end part. The time period when students have safety problems is obtained through investigation, as shown in Table 2:

Table 2. Investigation on the time period when students have safety problems

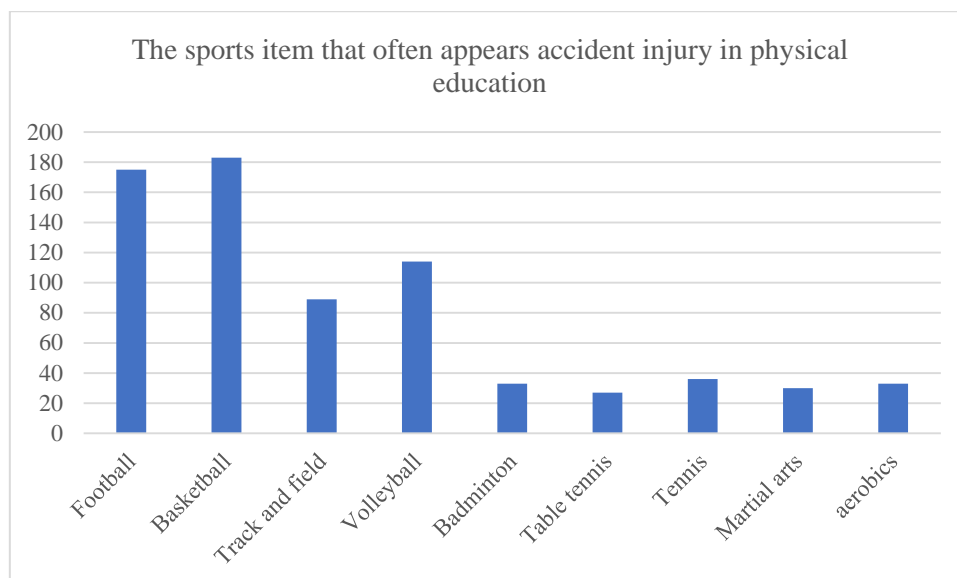
Period of time	Start preparing	preparatory	Basic preparation	end
No. of people	11	210	490	9
Frequency	1.5	29.2	68.1	1.2

The two main periods for students to have safety problems are the preparation part and the basic part. The preparation part is mainly reflected in the warm-up activities. Some students have safety problems mainly because they do not pay enough attention to the warm-up activities and do not have enough activities for each joint, resulting in safety risks. [2] The basic part is the key period of physical education, and the safety problems of some students are mainly divided into two aspects. One is that the students are not proficient enough in the use of technology in this class, and the other is that the teachers have improper or excessive intensity in the teaching process, thus causing injuries to students.

After an in-depth communication with students being investigated the cause of the student sports safety problems summarized as three points: one is in the physical education class, some teachers have no systematic safety knowledge education to the student, causing students not carried out in accordance with the rules of science of sports training exercise, and lack of the protection of their own consciousness, almost by virtue “on a whim” in the classroom to try difficulty movement, resulting in injury; Second, in organizing students to attend physical education classes, some teachers fail to effectively organize classroom discipline, students' casual attitude to class has not been stopped; Third, the lack of timely inspection and replacement of the site facilities used in class, resulting in the aging of the site equipment, failing to meet the requirements of physical education. In a word, there are many factors that affect the safety of students' sports, including the deficiency of internal cognition and the interference of external environment. This paper will conduct a detailed study on the reasons.

### 1.3 Safety conditions of sports items of different physical education

Physical education teachers in the physical education teaching reasonable and effective arrangement of sports items and exercise intensity will greatly reduce the students in class sports injury probability. At the same time, different sports items lead to different sports risks. After investigating sports items in which students often have the probability of injury in physical education.



At present, basketball, football and volleyball are the three most easy safety problems for colleges and universities in our province. [3] Football and basketball belong to the same physical confrontation sports, and the physical contact in matches and training is particularly frequent, which leads to a large increase in uncontrollable factors of accidental injury during the project. Although volleyball is a network-clearing competition, it is not easy for beginners to master because of its fast ball speed and high requirements for professional skills. As a result, it is easy for students to get injured due to poor technical skills in training and competitions. Although track and field project does not have the body to be opposite, but often because the student does not pay attention to the warm-up activity before training, bring about the student to appear in training the accident injury such as sprain foot, muscle pulls. Badminton, tennis, Table tennis and volleyball are all netball

sports, but the difference is that the first three sports are relatively easy to master the key points, and the risk is relatively small. Wushu is a traditional technical event, which requires little physical confrontation and is easy to master.

In physical education, sports injury is inevitable, and understanding the characteristics of sports injury is conducive to physical education teaching, control the teaching scene. Through the investigation of the relevant loss data, it was found that the main characteristics of sports injuries of students were strains, abrasions, cramps, sprains, fractures, joint dislocations, bleeding, shock and so on.

## **2. Analysis of influencing factors of college physical education safety**

In order to find out the factors that can affect the safety of physical education and classify them, this paper comprehensively analyzes the safety of physical education in colleges and universities from three aspects: human factors, material factors and management factors.

### **2.1 Student factors**

#### **(1) Lack of safety awareness**

In physical education, students' basic judgment and coping strategies in the face of behaviors that may cause some harm to themselves and external environment are important factors to ensure students to successfully complete physical education courses.

In physical education class, 37.6% of the students have some safety awareness, and 62.4% of the students have "indifferent" attitude and no safety awareness. This shows that most students do not have a complete awareness of safety precautions in physical education courses. They often unilaterally believe that they will not get hurt because of the simple movements of a certain technology and their blind confidence in themselves. They even think that they can practice directly without the guidance of teachers.

Students' active participation in sports can not only improve their sports skills, but also promote the development of physical and mental health. The indoctrination of safety education content is the responsibility of every teacher. Students' cognition of safety education determines the healthy development of sports in the future.

Communication with the PE teachers in the process of investigation understands, school physical education curriculum in front of the sports training theory courses there are usually a section, the main explanation in the process of exercise prone to injury, and preventive measures, emphasizing the importance of warm up before class, but through class reflects, the effect is not ideal. [4] According to the above Table, 22.9% of students think safety education class is very important, while "unimportant" and "indifferent attitude" account for more than half of the total, indicating that some students think that physical education class does not need theoretical guidance, but just go to the site for activities, which is also the direct cause of such students' injuries in physical education class.

The self-protection ability of students is especially important in the sports teaching, through the survey, 75% of the students learned self-protection knowledge in basic education stage, but lack of the effective combination of theory and practice in class, by the time the problem is most students not reasonable use of self-protection methods, thus caused the occurrence of safety accidents.

#### **(2) Lack of good exercise habits**

Under the concept of "national fitness" and "sunshine sports", how to form good sports habits and avoid sports injury is an important issue for students and teachers to think about. In order to accurately understand students' grasp of sports safety precautions, a questionnaire test was conducted on 520 students. The test contents included some simple sports warm-up and safety precautions.

28.2% of the students can actively warm up before the exercise, and 19.1% of the students directly participate in the activity. This means that most students are able to warm up before the exercise as required. However, the phenomenon of excessive or no intensity occurred in the exercise, which indicates that the self-regulation ability is insufficient in the exercise, and the lack

of good exercise habits is not conducive to the healthy development of students' body and mind. At the same time, some students are careless in thinking, lack of adequate preparation, lack of understanding of sports safety precautions, overconfidence in themselves and fluke psychology when doing difficult movements, all of which increase the risk probability of sports injury subjectively. These subjective factors in the physical education class intuitive performance is some students in the physical education classes do not wear sportswear, do warm-up activities "do not work", when the teacher explained the technical points do not pay attention to listen to the lecture.

### (3) Students' physical quality gradually declines

Adolescent physical health situation of country has been a particular concern, from the national six teenagers physical health survey in 1985 to more than six times in 2010 national student physical health survey of mass, the result is that teenagers physical health gradually decline, but the difference is the sixth time after investigation of juvenile physical quality decline trend began to get certain stem, data showed that the overall data of vital capacity of our country teenagers even risen a turning point, and no significant turning point range, investigate its reason and adolescent health exercise habits, eating habits, etc. Through a survey of teachers and students in ten colleges and universities, it is believed that the decline of physical fitness of teenagers is one of the main reasons for the improvement of accident rate in physical education teaching, which accounts for 76.2% of the respondents. There are two reasons for this. One is bad daily habits, such as sleeping late, staying up late, irregular diet, excessive consumption of Fried and puffy food, and little exercise time. Second, with the advent of the Internet age, computers and mobile phones gradually replace football, basketball and other sports as the main forms of recreation, resulting in the lack of effective physical exercise for students.

## 2.2 Teacher factor

The professional quality, working attitude and responsibility of physical education teachers determine the direction of physical education. [5] Teachers with a strong sense of responsibility will strengthen students' safety awareness and reduce the occurrence of safety accidents. Through the investigation, it is found that some physical education teachers cause students' safety problems due to their own reasons in the process of physical education teaching.

### (1) Insufficient attention is paid to classroom safety issues

The degree to which college physical education teachers attach importance to safety in physical education will determine the probability of students' sports injuries. Through the questionnaire survey of students in ten colleges and universities, it is found that the physical education teachers' attention to the safety of physical education is not ideal. Only one emphasis accounted for 36.3%. After communicating with students from the side, this emphasis on safety was put forward in the theory course of the beginning of the term. Physical education teachers should not only strengthen students' safety consciousness in theory class, but also emphasize it in PE teaching at ordinary times. As shown in the Table above, the emphasis sometimes accounts for 35.1%, and the emphasis each time accounts for 28.6%. These two data are smaller than "only emphasize once", which indicates that most teachers are able to explain sports safety to students in accordance with requirements. In addition, through consulting the teaching plans of some teachers, the author found that some teachers put too much emphasis on completing teaching tasks in the teaching arrangement and fail to put teaching safety in the first place in physical education.

### (2) Lack of systematic safety education

According to the survey, 49.6% of the physical education teachers participated in safety education training for more than three times, while most of the teachers only participated in one or two safety education training. The safety training of physical education teachers is very necessary, college physical education teachers to participate in the safety training frequency is less that there are school reasons, but also have their own reasons. Nowadays, the focus of physical education construction in colleges and universities is mostly centered on the quality of scientific research, and physical education teachers need to spend a lot of energy on scientific research to evaluate professional titles. As a result, the importance of safety problems in physical education has

decreased, resulting in some safety problems. Therefore, systematic safety education and training is extremely urgent.

### **2.3 There are safety problems in teaching venues**

(1) There are few teaching venues, which are too intensive and not reasonably arranged

According to the investigation, the most open sports courses in colleges and universities in our province are track and field projects, which are compulsory sports for college students. Due to the lack of professional track and field fields, the only track and field fields for each class are fully arranged. Different classes only roughly divide different areas and begin to practice different projects at the same time, which is prone to teaching safety accidents caused by mutual interference. For example, during a field trip, I saw that the school's track and field was divided into four sections for four classes to attend classes at the same time. [6] This phenomenon is due to the limited number of venues, which leads to the overcrowding of physical education teaching. As a result, there are hidden dangers in the use of venues, and the safety of physical education teaching cannot be guaranteed.

(2) Physical education teaching sites are aging and the construction is not standard

It is found that site aging is a common problem in colleges and universities in our province, and the longer the school is established, the more obvious the situation is. For example, the basketball courts of some schools have been built for a long time, and some concrete floors have appeared potholes and cracks. Once the ball falls on them, it is easy to suddenly change the original running track, causing injuries to athletes. And some courts are restricted by the conditions at that time, which are directly transformed from other project sites. Through interviews, I found that some outdoor tennis courts simply surround the former basketball or volleyball courts and then conduct simple transformation.

## **3. Strategies to strengthen the safety of college physical education**

### **3.1 Strengthen students' physical quality exercise and develop good sports habits**

With parents' increasing emphasis on students' studies in our society, the rate of myopia among Chinese teenagers is even more worrying. The most direct manifestation of this situation in physical education is that as long as the technical movements have a little difficulty, the difficulty of students' learning will increase exponentially, or even cannot be completed; At the same time, the ability of physical exercise is not enough to ensure 100% completion of all scheduled activities of physical education. It can be said that the current physical quality of students has become an obstacle in the process of physical education in our country, to ensure the safety of physical education, improve students' physical quality is an indispensable link. The center of teaching should be shifted from mastering sports skills to improving students' basic physical quality, and scientific and systematic training methods should be used to improve students' comprehensive quality. To stimulate students' interest in sports in the form of games and competitions, so that students develop good physical exercise habits, establish a healthy and safe exercise consciousness.

### **3.2 Strengthen physical education teachers' professional ability and sense of responsibility**

Physical education teachers play the roles of organizers and skill imitators in teaching, and their own quality determines the quality of physical education. The education department should strengthen physical education teachers' comprehensive professional ability and sense of responsibility, correct working attitude, and be strict with themselves and responsible to students in the whole teaching process. Really do the following: (1) prepare lessons carefully before class. In the physical education teaching content arrangement should consider the individual differences of students, stimulate students' interest in sports at the same time should arrange reasonable exercise load. (2) students should be urged to do relaxation activities before the beginning of physical education. (3) when explaining sports skills, students should be informed of the hidden danger of the movement, and do a good demonstration of the movement. When students contact with each

other, they should do a good job of protection on the side, so as to eliminate students' psychological fear and make remedies in the first time when accidents occur.

### **3.3 Strengthen the construction of teachers**

The premise of the safe and normal development of physical education is the guarantee of the school teachers. [7] In view of the weak situation of physical education teachers in colleges and universities, measures can be taken to (1) increase the number of physical education teachers. By increasing the number of physical education teachers, we can not only realize the small class teaching mode, but also give less physical education teachers workload. (2) improve the comprehensive quality of physical education teachers, strengthen the professional skills of physical education teachers, and improve the contingency capacity of physical education teachers in the event of emergency security situation.

### **3.4 Improve the rationality of physical education teaching arrangement**

In the whole school education, physical education teaching is different from other teaching subjects in terms of teaching forms, teaching methods and teaching objectives, and has its own unique characteristics and rules. Reasonable arrangement of physical education can improve students' interest in physical education and ensure the safety and effectiveness of physical education. In the teaching arrangement, according to the existing teaching conditions of the school, teachers and students' own conditions, such as gender, age and physical health and other factors, and then formulate the teaching content in line with students' own conditions, to promote the development of high-quality physical education.

## **4. Summary**

With the rapid development of modern society, more and more people begin to attach importance to sports, which has become an indispensable part of People's Daily life. We love sports and devote more and more time to sports. Sports injury accidents also follow, which not only affect people's enthusiasm to participate in sports, but also may have irreversible consequences on our personal health. Today, college students in the damage situation when participating in sports, for campus safety and social stability is buried under the safe hidden trouble, should cause our attention, therefore, in ordinary colleges and universities to carry out the sports safety education is necessary, can enhance the students' safety consciousness, improve the students' ability of self-protection, and to help others, to prevent and reduce accidents in sports, reduce accident harm, make the school sports activities carried out smoothly.

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