

Research on the Risk Management Strategies of Physical Activity for College Students with Special Physical Fitness

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Abstract: The development of college students' physical activities can effectively enhance students' physique and improve their physical and mental health. At the same time, they will also cause a series of hidden health hazards for a small number of students, especially those with special physique. In the process of participating in sports activities, if ignoring risk management will threaten the lives and health of students to a certain extent. It can be seen that strengthening the risk management of physical activities is essential. This article focuses on issues related to the risk management of sports activities for college students with special physical fitness.

Keywords: Colleges and Universities; College Students with Special Physique; Sports Activities; Risk Management; Strategy Research

Special physique college students refer to those college students who have physical disabilities, chronic injuries or diseases and other physical impaired development. They are in a disadvantaged position in study, life, and physical activities. They are at a greater risk when participating in sports activities and must be taken seriously. Next, I will talk about some thoughts on the risk management strategy of college students' sports activities with special systems in colleges and universities.

1. Problems in the risk management of college sports activities

1.1 Lack of high attention

Under the traditional exam-oriented education system, university leaders have not yet realized the importance of sports risk management, lack of high-quality excellent management experience, and improper use or management of sports equipment have led to inadequate management of sports activities in universities. With the implementation of the expansion policy of colleges and universities, the scale of colleges and universities has continued to expand and the number of students has gradually increased, but sports venues, equipment and facilities have not kept pace with the times, restricting student sports activities and increasing the risks of sports activities to a certain extent. Secondly, under the traditional model, the human, material and financial resources invested by colleges and universities in sports activities are limited. Unreasonable design of sports venues and improper maintenance of equipment and equipment are all potential risks.

1.2 Physical education teachers lack risk awareness

Under the traditional education system, although many college physical education teachers have a solid foundation of professional knowledge, their risk awareness and ability to predict risks are poor, and they cannot kill safety accidents in the cradle. In addition, colleges and universities have not yet carried out professional and systematic physical activity risk management training for physical education teachers, resulting in teachers' inability to achieve comprehensive and perfect risk prevention and control.

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doi: 10.18686/ah.e.v5i1.3103

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1.3 Students' lack of risk awareness

Some college students with special physiques have strong self-esteem and need to save face. When participating in sports activities, they regard themselves as normal people, ignore the importance of risk management, and stand out in front of other students. Even the lack of a correct understanding of the school's medical insurance system and the failure to purchase medical insurance in time can lead to many sports safety incidents.

2. Specific countermeasures for risk management of sports activities of college students with special physical fitness

2.1 Constructing a sound sports risk management mechanism

Under the new situation, when colleges and universities develop sports activities, building a perfect sports risk management mechanism is an effective countermeasure to avoid sports activities risks. Based on this, we can start from the following points: in-depth analysis of potential risks in sports activities and safety accidents that have occurred; scientific evaluation and prediction of the probability of occurrence of different risk accidents and the existence of negative effects; establishment of a medical supervision team. And based on the students' specific risk tolerance, different risk levels are clarified, and the risks that can be controlled or uncontrollable are classified, so as to eliminate the risk of participating in sports activities for college students with special physical conditions. As we all know, the risks or injuries of college students' physical activities are uncertain and accidental, and physical activities are vigorous and confrontational. Different sports events have different requirements for students' physical fitness, which will produce different degrees of physical fitness. Sports risk.

This shows that colleges and universities should plan sports programs for college students with special physiques. As we all know, college students are in adolescence and are pursuing novel, trendy, adventurous and exciting sports. The same is true for college students with special physiques. When faced with high-risk sports, most students have no resistance, but these high-risk sports the potential risk factors of sports events are also greater. Therefore, in order to strengthen the management of sports risks for college students with special systems, it is crucial to optimize sports events, adjust classroom teaching content, and keep those high-risk sports as far away from sports classrooms as possible. Colleges and universities should monitor college sports clubs, sports clubs, sports games or competitions in real time. At present, when colleges and universities introduce and set up sports events, they should make scientific overall planning and rational layout, avoid blindly following the trend, and set up physical education according to the actual situation of students. Secondly, colleges and universities should set up some targeted sports programs based on the actual situation of college students with special physique, such as health care, appreciation, and entertainment sports, and combine specific teaching to optimize the evaluation and evaluation mechanism of physical education courses. Strengthening the risk management of physical education activities for college students with special physical fitness can also effectively improve the quality and level of physical education.

2.2 Establish a special system for emergency response plans for accidental injuries in college students' sports activities

At present, although an effective risk management mechanism can avoid the risk of sports activities to a large extent, there will still be some unexpected accidents in the process of sports activities. Based on this, it is necessary to deal with accidents of sports activities that are perfect for college students under special systems. Emergency plans can effectively control and manage unexpected safety accidents. Specifically, we can start from the following points: First, we must clarify the emergency level, build a complete accident information report and notification process, and strengthen the assessment and prediction of major risks and consequences. Secondly, colleges and universities should set up emergency plan teams to carry out safety education on a regular basis, and drill emergency plans for accidental injuries. College students with special physical fitness should participate in the exercise throughout the entire process. This is conducive to improving the ability of college students to deal with emergencies and enhancing accidental injuries in sports activities. The self-protection awareness in the accident can then maximize the effect of the emergency plan for accidental injury accidents caused by sports activities. In addition, colleges and universities should focus on publicizing various first aid knowledge and skills through physical education classrooms, online social media, etc., and guide students to master various first aid capabilities such as dressing and handling, cardiopulmonary

resuscitation. Targeted cultivation of students' self-rescue and mutual rescue abilities, qualified colleges and universities can set up health care courses to strengthen the education of first aid theory and health knowledge for students with special physique, and continuously improve their self-protection in sports activities, which can improve the awareness and ability to avoid risks.

2.3 Enhance the cognitive level of self traits of college students with special physique

With the implementation of the concept of comprehensive quality education, physical education plays a pivotal role in university education, but college students with special physiques have greater safety risks in physical activities. Based on this, it is necessary to guide students with special physique to establish a correct level of cognition of their own physique, and to correctly recognize their physical health. Judging from the current actual situation, some college students with special physique deliberately conceal their special physique due to their strong self-esteem, good face, and even admiration of vanity, and mistakenly believe that they can withstand a larger amount of exercise like normal people, thereby increasing the safety of sports activities risk. Based on this, college physical education workers should correctly recognize the importance of letting college students of special physique correctly recognize their own physique, and conduct publicity through classroom teaching, WeChat, QQ and other platforms to guide students to correctly recognize the effects of chronic diseases and injuries on sports. Secondly, as a physical education teacher, we must go deep into the student group, fully grasp the physical condition of the students in the class, grasp the specific situation of the special physique of the whole class, and be able to optimize the teaching in a targeted manner when carrying out physical education, thereby effectively avoiding the risks of physical activities.

2.4 Pay attention to optimizing and perfecting university campus sports facilities and equipment

As we all know, the safety of sports venues, sports facilities and equipment greatly affects the safety of physical education activities. From the perspective of traditional physical education practice, various safety accidents occur more or less every year. Based on this, it is necessary to comprehensively optimize and improve the safety factor of sports venues, sports facilities and equipment for college students with special physical fitness. While avoiding the risks of sports activities, it can also fully demonstrate a harmonious campus culture and humanistic care. Among them, the safety of various sports venues and sports equipment and equipment belong to the category of sports facilities and equipment. With the implementation of college expansion policies, many colleges and universities have begun to expand sports venues. Many inferior runways and sports equipment will be at a certain level. It threatens the life, health and safety of college students with special physique. Based on this, colleges and universities should insist on people-oriented and humanistic care. When setting up sports venues and purchasing sports facilities and equipment, they should focus on taking care of college students with special physiques, scientifically design the venues to be safe and reasonable layout, and physical education teachers should use sports equipment and equipment scientifically to avoid all kind of risk.

3. Conclusion

In summary, major colleges and universities will have some sudden deaths, sports injuries and other incidents every year. College students with special physique are a disadvantaged group on college campuses and should be highly valued. Under the concept of comprehensive quality education, colleges and universities should pay attention to the risk management of sports activities for college students with special physical fitness, and avoid various safety risks from all aspects and multiple angles, so as to continuously improve the quality and level of sports teaching. It can effectively protect college students with special physique from harm, promote the rapid development of college sports, and promote the sound and rapid development of my country's higher education.

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