

Study on the Potential Safety Factors and Their Countermeasures in College Football Teaching

Qi Zhang

Physical Education Department, Shanghai Maritime University, Shanghai, China, 201306

Abstract: This paper aims to discuss the potential safety risks in college football teaching, and to formulate the countermeasures for these potential risks. Football is a popular sport, and football training has become an important part of physical education teaching in college teaching. However, with the popularization and development of football teaching, the possible safety risks and risks in the teaching process have also caused people's attention. Through the in-depth analysis and research of the potential safety factors in the football teaching practice, we can better understand the current situation and problems in this field, and provide a basis for the formulation of corresponding countermeasures. At the same time, this paper will also help to improve the safety level of college football teaching, to ensure the health of students and the stability of teaching order.

Keywords: College football teaching; Potential safety factors and countermeasures research

Introduce:

College football teaching can not only cultivate students' physical fitness and sports skills, but also promote the sense of unity and cooperation among students. However, with the popularization and development of football teaching, we also need to face up to the potential safety factors that may exist in the teaching process. In college football teaching, the consciousness of unity and cooperation between students is very important. It is hoped that this research can attract people's attention to the safety of football teaching in colleges and universities, and provide targeted guidance and suggestions for relevant educational institutions, so as to ensure that students can grow up safely and healthily in football teaching, and cultivate more football talents.

1. The significance and benefits of college football teaching

1.1 Cultivate the sense of competition and challenge spirit

Teaching football in universities can help students develop a sense of competition. In football matches, students need to compete with other players for ball and goal opportunities. This kind of competition can stimulate students' morale and winning mentality, making them train and compete harder. By competing with other players, students can learn how to stay calm under pressure and develop effective tactics and teamwork, all skills necessary to succeed in a competitive environment.

1.2 Promote social communication and friendships

First, college football teaching is usually based on a team and encourages cooperation and collaboration among students. In football matches, the success of the team depends on the tacit understanding and cooperation between the players. Students must learn to work with their teammates, develop tactics and strategies, and support each other during the game. Through this collaboration and collaboration, students are able to build deep friendship and learn to work together with others to achieve common goals. Secondly, football is a sport that requires good communication and communication. During matches, players need to communicate with their teammates verbally and non-verbally to deliver tactical instructions and messages. They must learn to listen and understand the intentions of their teammates and to be able to express their thoughts clearly. Through football teaching, students are able to improve their communication and communication skills, which is essential for building social relationships and friendships.

2. Potential safety factors of college football teaching

2.1 Safety of stadium facilities and equipment

The safety of stadium facilities and equipment is a potential safety factor in college football teaching. First, if the stadium ground is uneven or there are obstacles, it may increase the risk of injury. For example, uneven fields may cause athletes to sprain their ankles, and items scattered around the field may cause falls or collisions.

2.2 Athletes' own risks

First, in college football teaching, athletes may be more vulnerable to injury if they do not have the right equipment and protection measures. For example, not wearing protective gear such as helmets, knee pads, and ankle pads properly increases the risk of injury to areas such as the head, knees, and ankles. Secondly, if the coach does not develop a reasonable training plan or does not properly guide the technical movements may increase the risk of injury. For example, overtraining, unjustified training intensity and frequency, and wrong technical movements can cause muscle strains, sprains, and other sports injuries. In addition, excessive competitive pressure and excessive training may increase the risk of injury in athletes. If athletes are forced to play excessive competition or train, their bodies may be unable to adapt, thus increasing the likelihood of injury.

2.3 Improper warm-up and training

Warm-up is a very important preparation activity that helps to prevent exercise injuries and improve exercise performance. If players do not properly warm up before performing an intense soccer activity, their muscles and joints may not be prepared to cope with the demands of exercise, thereby increasing the risk of injury. While warm-up is important to prevent exercise injuries, too long warm-up can also cause fatigue and discomfort. If players spend too much time warming up before the game or training begins, they may feel tired and affect their performance and attention. In addition, the warm-up should include a series of dynamic stretching, light aerobic exercise, and technical exercises to prepare for the exercise capacity of all aspects of the body. If a player performs the wrong warm-up movements, such as overextension or incorrect posture, it can cause muscle strain, sprains or other sports injuries. Finally, players may face the risk of overtraining in college football teaching. Overtraining is when players do too training and play in a short period of time without enough time to rest and recover. Overtraining can lead to fatigue, muscle strain, fractures and other sports injuries.

2.4 It is prone to accidental injury accidents

According to the rules on the football field, players can not touch the ball with their hands, and friction and collision is also a safety hazard. In football matches, players often make physical contact and fight for the ball. During such contact and competition, accidental injury accidents may occur, leading to injuries to players. For example, when a player tries to fight for the ball, there may be body collisions, trampling, pulling, etc., all of which can cause the player to be injured.

3. How to deal with the potential safety factors in college football teaching

3.1 Improve the safety of the site equipment

The safety of equipment in college football teaching is a very important issue. First, colleges and universities should ensure that students wear appropriate equipment, including helmets, protective guards and suitable shoes, that can provide additional protection and reduce the risk of injury. Second, college teachers need to educate students to use their equipment correctly. They should know how to wear the helmet, protective gear and shoes properly, and how to keep them in good shape. They also should know how to use equipment properly to protect themselves and other teammates, such as avoiding using equipment for illegal fouls. In addition, universities need to ensure the safety of the stadium and training venues. The course should be smooth, accessible and free of any dangerous goods. Training sites should also be frequently inspected to ensure their safety. In addition, colleges and universities can also improve students' equipment safety awareness and emergency handling ability through organizing regular safety training and drills. This will enhance students' attention to equipment safety and enable them to better deal with emergencies.

3.2 Focus on emergency handling

When college football teaching faces an emergency, it is crucial to take appropriate measures. In this case, teachers need to have the knowledge and skills to deal to emergencies. First, college football teachers should regularly conduct emergency situation training and drills, including the participation of teachers and students, to ensure that they know how to act quickly and effectively in an emergency. The training content can include knowledge and skills in first aid skills, fire escape, natural disaster response and other aspects. Secondly, teachers should establish an emergency response plan, which should include precautions and response strategies for various emergencies. For example, teachers can develop a fire escape roadmap, designate student gathering points, and ensure that students know how to contact teachers and parents in an emergency. In addition, teachers should remain calm and calm. Students may feel panic and confusion in the emergency situation, while teachers' calm and coping skills will play a key role. Teachers should

keep a clear mind, quickly assess the situation, and take appropriate measures, such as directing students to evacuate the dangerous area quickly or provide necessary first aid.

3.3 Improve teachers' coping ability

As college football teachers, it is crucial to improve the teachers' coping ability to cope with the potential safety factors.

Teachers first need to understand and be familiar with the potential safety risks in college football teaching. This includes the possibility of common sporting football injuries, emergencies, and emergencies. By understanding these potential risks, teachers can be better prepared to address and handle these situations. Secondly, college football teachers should be trained in first aid and emergency treatment skills, including learning basic first aid skills such as cardiopulmonary resuscitation (CPR), hemostasis and fracture fixation. Teachers should also learn how to deal with emergency situations, such as overwork, heat stroke, bone fracture, or other emergencies. Mastering these skills may improve the teacher's ability to respond when potential safety risks occur. By understanding potential safety risks and mastering first aid and emergency management skills, teachers can better protect students' safety and provide a safe learning environment.

3.4 Strengthen the explanation of rules in college football teaching

In college football teaching, strengthening the explanation of rules is an important method to deal with the potential safety factors. First, by explaining the rules of football matches in detail, students can better understand how to act in the game and avoid illegal actions and dangerous behaviors. Teachers can explain the purpose and meaning of the rules, let the students understand the importance of the rules, and know how to use the rules correctly in the competition. Secondly, teachers can also help students to understand and master the rules through demonstration and practice. Through such teaching, students can better protect their own safety and follow the rules during the competition to avoid accidents.

4. Summary

In conclusion, this paper deeply studies the potential safety factors existing in college football teaching, and puts forward a series of countermeasures. The paper focuses on the safety of stadium facilities and equipment, points out the existence of athletes' own risks, and emphasizes the importance of warm-up and training. Reasonable warm-up and training can help athletes avoid injuries. In addition, the guidance and management of coaches is also the key to ensure the safety of football teaching. By improving teachers' coping ability, teaching students to have a sense of unity and cooperation, and strengthening the explanation of rules, the incidence of accidental injury accidents can be effectively reduced. By taking these measures, the safety of college football teaching can be effectively improved, and the physical and mental health of college students can be guaranteed.

References:

- [1] Zhang Xiaojian. Study on the potential safety factors and their countermeasures in college football teaching [J]. Times education: middle, 2021 (5): 0215-0216.
- [2] Liu Jibin. Study on the potential safety factors and their countermeasures in college football teaching [J]. Scientific Consultation, 2021 (12): 108-110.
- [3] Fan Xi'an. Analysis on potential safety factors and preventive countermeasures in college football teaching [J]. Land Bridge View, 2020 (10): 116-117.
- [4] Cen Lun. Analysis on potential safety factors and countermeasures in college football teaching [J]. Leisure, 2020,000 (007): P.1-1.
- [5] Tang Jian. Discuss the safety factors and countermeasures affecting football teaching in universities [J]. Boxing and Fighting, 2020 (4): 1.