

# Research on Risk Management and Prevention Strategies in Physical Education in Colleges and Universities

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**Abstract :** In recent years, my country's physical education has continued to develop. The country strongly supports the development of sports and has formulated many policies to link the pass rate of students' physical fitness to their studies, which has further requirements for students' physical fitness. College physical education is a compulsory course for freshmen and sophomores. The main function of physical education is to improve students' physical fitness, maintain sufficient vitality, and cultivate a positive and sunny attitude. There are many categories in college physical education, and students can choose the sports that suits them according to their own interests, which is in line with the students' law. But in many categories, it will also increase a lot of training risks. The low physical fitness of students can lead to fainting, muscle strains, falls, and so on. In order to cope with and reduce the risks of physical training, colleges and universities and relevant departments should make strict requirements to minimize the risks in college physical education.

**Keywords :** Physical Education; Colleges and Universities; Risk Management; Strategy

According to relevant data, the probability of risk accidents in physical education classes in my country's colleges and universities remains high. In addition to external reasons, there are also personal reasons for the students themselves. Many factors have caused risks in the physical education training process. Some school training equipment is outdated and has not been replaced regularly. The equipment was damaged while the students were training, causing personal injury to the students. Greatly increase the probability of accidents. In some colleges and universities, the teaching staff is not up to the standard, and the teachers are not even graduated from physical education. They will also increase the probability of accidents when guiding students. These factors can be prevented in advance. Due to the country's emphasis on physical education in recent years, colleges and universities have also begun to pay more attention to physical education, but this is not enough. Good teaching mode.

## 1. The status quo of college physical education

According to statistics, college physical education courses will be offered in freshmen and sophomores, and there will be basically no physical education courses in juniors and seniors. However, colleges and universities will conduct physical examinations for students every year according to the requirements of the country, and qualified students are eligible to graduate. However, during physical testing, a lot of "cheating" will inevitably occur. "Physical testing" has become a form, which reflects the shortcomings of my country's colleges and universities in physical education.

Most colleges and universities generally offer one physical education class a week, and a few colleges and universities offer two physical education classes a week. Except for rain and snow and other bad weather, students only have about 10 classes in a semester. Due to the shortage of funds in many colleges and universities, there is a serious lack of relevant teaching equipment. When facing the courses to be learned, because of insufficient equipment or aging training equipment, they can only do other projects. For example, when students are playing basketball, because many schools do not have standard basketball courts, the

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probability of injuries and deaths such as bruises and fractures has increased. According to the survey, the probability of accidents occurring every year due to vigorous sports such as playing basketball remains steady. At present, most schools adopt traditional teaching methods. Before class, the physical education teacher will lead the students to do warm-up exercises, stretch their bodies, and then carry out today's teaching courses. It is very necessary to lead the students to warm-up before class, which will greatly reduce the incidence of accidents and prevent muscle strains. Due to the students' own reasons, the probability of classroom accidents is not rare. According to an informal random survey, many students skip breakfast, resulting in low blood sugar during class and even fainting. It can be seen that we should do a good job in class nutrition. Pre-preparation is very necessary. Some teachers lack a sense of responsibility when they are in class. After the course of this class is completed, students are allowed to move freely, and then they don't care about it and let them go. They have not fulfilled the teacher's responsibilities, and fundamentally lack the key classroom safety and security. Favorable guiding principle of monitoring.

## **2. Risk prevention strategies in college physical education**

### **2.1 Develop a reasonable management system**

The system is the guarantee of safety. Only when a reasonable and scientific system is implemented can it be possible to reduce the incidence of risk accidents in physical education and maintain the safety of students' lives. If the corresponding system is not in place, then the relevant personnel will not have a strict standard to implement, and can only do it according to their own subjective will. Even if they make a mistake, they do not have to bear corresponding responsibilities. This has laid a hidden safety hazard for the occurrence of accidents. The system is only the first step to ensure safety. If the system is not fully implemented, it is just a display. The sports safety implementation management system should be detailed to every detail, so as not to omit, take into account every place where dangers may occur, focus on strengthening prevention, refine the responsibility to the individual, and gradually improve the safety responsibility awareness of each teacher. Although the system is very important, it is still the most important thing to prevent before it happens. Keep the prevention first and try our best to minimize the probability of danger. In addition, the school should set up a special risk management emergency team. Regularly organize students to carry out safety education and watch relevant safety education promotional videos to increase students' overall safety awareness. When a safety problem is encountered, relevant personnel can be arranged to rush to the scene for treatment as soon as possible to ensure the safety of students.

### **2.2 Ensure that teaching equipment is qualified and up to standard**

Students are inseparable from training equipment in the process of training. Qualified training equipment is the top priority of safety. However, in the investigation and research, it was found that the teaching equipment of many schools was not up to standard, and when it was time to replace it, it was not replaced and the old training equipment was still used. The reason is undoubtedly due to insufficient funds and insufficient funds to purchase facilities and equipment. In addition to equipment, teaching venues and supporting facilities must also meet the requirements, and unreasonable site construction will also bring safety risks. The school should set up a special equipment management team to manage the equipment. It is necessary to ensure that the equipment is inspected before use to ensure that the equipment is fully functional and that there will be no problems such as breakage. Worn equipment should be replaced regularly and scrapped in time. If the equipment is insufficient, timely feedback to the relevant departments of the school and apply for funding to purchase new equipment. When holding sports games or large-scale activities, it is necessary to do a good job of publicity with corresponding safety slogans, such as posting safety slogans in corresponding places, to play a warning role. Scientifically and rationally arrange the use of equipment and equipment to ensure that training equipment is not lost. In the event of equipment loss, individuals must be held accountable and compensation will be made in accordance with standards. After inclement weather, hidden dangers should be cleaned up in time to eliminate safety loopholes in playgrounds, basketball courts, volleyball courts, fitness centers, and other places with a large flow of people.

### **2.3 Increase safety education activities**

Schools and various departments should regularly organize safety education for students and hold related safety activities. Invite relevant professionals to popularize safety knowledge related to sports training. In the activities, increase students' safety skills, arrange relevant protection content, let students learn swimming skills, understand necessary sports injury prevention and first aid knowledge, such as the principles of soft tissue injury treatment, common sense of traumatic bandaging, and use (AED) automatic in vitro defibrillator procedures, cardiopulmonary resuscitation (CPR) methods and basic self-rescue knowledge, so as to improve the overall emergency environment, so that you can save yourself in the event of an accident. The school physical education

department can conduct various safety knowledge competitions on a semester or annual cycle, and rewards should be given to those who win the rankings. Through the holding of various activities, a safety training atmosphere can be formed throughout the school. Time, it will greatly reduce the probability of safety accidents.

#### **2.4 Establish an efficient medical security system**

A sound medical security is the key to treatment, and effective treatment when a dangerous accident occurs is the top priority. Schools should be equipped with a dedicated medical team and dedicated medical staff. According to the actual situation of the school, specific analysis can be conducted. Various effective and efficient methods such as telephone and network early warning systems can be used to establish a linkage system between front-line teaching teachers and medical institutions. At the same time, more attention should be paid to improving the professional quality of medical staff, instead of paying attention to the form, we should put the life safety of students first to ensure that medical staff can rush to the scene for treatment in the first time when danger occurs. In addition, strengthening the first-aid ability training and practical operation of front-line teachers is also a very critical part; At the same time, schools should also buy an insurance for each student, fundamentally strengthen the awareness of insurance protection in all school sports activities, and ensure that In the event of a dangerous situation, protection can be achieved and the burden on the family can be reduced as much as possible. An insurance is a responsibility and should be paid enough attention.

### **3. Conclusion**

Physical education is a very important course in the university, and it is also the most dangerous course. Movement itself is linked to danger. The danger itself is inevitable, but the occurrence of danger can be reduced in many ways. "Prevention first" is always the truth. Before students go to class, they must make full preparations before class. The relevant procedures cannot be omitted because the process is cumbersome. The danger often occurs in an instant. Not only should teachers be adequately prepared, but students should also be adequately prepared so that the danger can be minimized. Safety education for students and teachers is also very necessary. Only by integrating safety knowledge into everyone's heart and understanding the consequences of danger can the probability of danger be fundamentally reduced. Reducing the occurrence of safety accidents must arouse the attention of all of us, not only in schools, but also in society. In order to reduce the occurrence of dangerous accidents, various efforts from society, schools, and individuals are required.

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