

Research on the prevention of sports injury in youth sports training

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Abstract: With the slogan of national sports put forward, the public attaches more and more importance to sports training, youth participation in sports training can not only enhance their own physical quality, but also become a comprehensive development of The Times of new talents. However, in the sports training, due to the influence of many factors, young people will inevitably appear sports injuries, easy to their psychological quality and physical quality have an adverse impact. In this regard, this paper first describes the common types of sports injuries in youth sports training, and then analyzes, and puts forward effective countermeasures to prevent youth sports injuries, in order to provide some references for other researchers.

Key words: Adolescents; Physical training; Sports injury; prevention

Under the current social development situation, sports training is more important for young people, which can not only improve their physical quality, but also significantly enhance their psychological quality. However, in the process of sports training, it is inevitable that there will be sports injuries. Sports injuries will not only cause adverse effects on the physical health of teenagers, but also produce corresponding psychological pressure, and even the sports injuries will affect the normal life of teenagers. Therefore, the prevention of sports injury in youth sports training is more important, which requires the coach to optimize the sports training mode and escort the safety of sports training.

1. Common types of sports injuries in youth sports training

1. Knee joint injury

Knee joint injury is concentrated in the patellar injury, mainly because teenagers in the sports training half squat posture is not correct, resulting in their failure to tighten the body ligament, unable to maintain body balance for a long time. At the same time, the aponeurosis and ligaments will also be subjected to relatively large pressure and tension, and eventually cause knee deformation and muscle strain, and then produce knee joint sports injury.

2. Sudden sports injury

As a common type of injury, sudden sports injury can occur in any sports training link, and there is a close relationship between the injury site and the type of sports events, and sports injury has a distinct feature. Taking football as an example, ankle joint or knee joint is the main force point of teenagers, and compared with other parts of the body, these two parts are prone to sports injury. In addition, in sports, young people who have just started exercise are prone to sudden sports injuries, mainly because they are difficult to control the intensity of exercise, and muscle strain often occurs.

3. wrist joint injury

In sports training, when young people accidentally fall, subconsciously will use the palm to support the ground, and this action is incorrect, easy to increase the probability of wrist injury. For example, when teenagers carry out basketball sports, each sports action is more intense, if you can not grasp the Angle, the ligament of the wrist joint is prone to tear, fracture and other problems, and even forearm fracture and so on.

4. Chronic sports injuries

Chronic sports injuries usually include the following categories: First, arthritis. Because the joints are overloaded, there is degeneration in the joints. There is pain, pressure and even weakness in the injured area. Second, tendinitis. Tendinitis also often occurs in the joints, and teenagers can experience weakness, soreness, swelling and other symptoms. Third, fatigue fractures. These sports injuries are mainly caused by overtraining. Teenagers' bones cannot withstand the stress and fracture occurs.

2. Preventive measures of sports injury in youth sports training

1. Pay attention to the preparation activities and cultivate the prevention awareness of teenagers

In youth sports training, coaches should pay more attention to the prevention of sports injuries, make clear the adverse impact that sports injuries may bring to young people, from the perspective of physical education, cultivate young people's awareness of self-protection, and ensure that the preparation work is scientific, reasonable and comprehensive. First of all, it is necessary to strengthen the youth's awareness of prevention and improve their ability to prevent sports injuries. In the confrontational and competitive sports training, it is necessary to guide teenagers to exercise reasonably to prevent them from "overload" and "vicious competition" problems. Secondly, we should make full preparation in the early stage. In youth sports training, preparation plays a very important role in improving sports training and reducing sports injuries. The coach should pay more attention to the preparation work to ensure that it is more scientific, adequate and reasonable. Before training, it is necessary to inspect the playground and equipment frequently, be familiar with the maintenance status of the equipment, and give appropriate guidance to the teenagers' wearing. And in view of the physiological characteristics of teenagers, a set

of scientific physical exercise plan has been developed, so that it can quickly enter the “state of motion” from the “quiet state”, reducing the damage caused by sports. At the same time, should also be based on the physical characteristics of adolescents, according to the training plan, the selection of scientific preparatory courses. For example, in the practice of long-distance running, the requirements of the teenagers’ ankle joints are relatively high, and the coach should take appropriate measures to make the teenagers’ ankle joints fully active.

2. Improve sports training methods to effectively avoid sports injuries

With the continuous development and innovation of China’s sports training technology, at this stage in sports training, coaches can choose a variety of training methods can be said, however, in order to quickly improve the quality of youth sports training, most coaches tend to choose targeted, sports training methods, which increases the situation of sports injuries when young people participate in sports training. In the sports injury, it is divided into two kinds, one is sudden injury, the other is old injury. Among them, sudden injury is usually caused by teenagers’ insufficient warm-up preparation before and after sports training, or not doing the right warm-up exercise. In this regard, the coach should choose and design the way of sports training according to the specific situation of teenagers, and also have an accurate understanding of the position where teenagers are prone to sports injuries. In the design of the training program, the coach should deliberately avoid the injured part, and add some necessary auxiliary training to it, in order to improve the effect of sports training and prevent the occurrence of secondary sports injuries. Finally, the coach can also use information technology to carry out sports training and understand and use modern network information resources. For example, some sports apps can be used to carry out auxiliary sports training, such as Keep APP, there are a large number of sports teaching videos, and these contents are easier to get teenagers’ love.

3. Arrange sports training reasonably and improve the overall effect of training

Youth’s gender, age, physical quality, sports level and mental state are different, and the appropriate sports training items and intensity are also different. Therefore, before carrying out sports training activities, coaches should fully understand the specific situation of each youth, combined with relevant textbooks and materials, clearly know the difficulty and vulnerable parts of each sports training movement, and take effective preventive measures in advance. The coach should give full play to his guiding role in the process of sports training teaching, and guide the young people to correctly grasp the movements and skills of various sports. In addition, in the sports training, the coach should pay attention to the physical condition of young people, avoid repeating the same way of exercise, so as not to cause sports injuries to some parts of young people. Teachers must master some basic and scientific training principles, and should adopt a combination of various sports methods during training, such as cross-training of distal and proximal muscle groups. Many young people are very interested in sports activities, even in the case of physical and mental exhaustion, still hope to continue to participate in sports activities, at this time, the teacher should play some inhibitory function, to let them know how to step by step, enough is enough, do not over exercise. In the process of exercise, it is necessary to accurately demonstrate each exercise, and to do from simple to deep, from simple to difficult, can not only focus on the results of exercise.

4. Scientific deployment of sports nutrition to reduce the recovery of sports injuries

In order to effectively avoid sports injuries in the process of sports training, in addition to requiring trainees to master relevant sports skills scientifically, they should also master certain knowledge related to sports nutrition, give teenagers reasonable nutrition suggestions, formulate and implement individualized sports nutrition plans with a purpose, so as to continuously improve teenagers’ physical fitness and promote their rapid recovery from sports injuries. Take the initiative to carry out appropriate nutritional supplements according to their own needs. In the sports nutrition configuration, the coach should take into account the combination of various nutrients will have an impact on the physique of teenagers, when selecting nutrients, it is also necessary to take into account the actual situation of teenagers, and to ensure the intake of teenagers. If there is not enough nutrients, the body function of teenagers can not be fully developed, if too much nutrients, it will increase the body load of teenagers. Therefore, scientific, targeted and reasonable sports nutrition collocation can effectively support the physical quality of teenagers. Therefore, in the process of sports training, it is necessary to correctly guide teenagers to take suitable nutrients according to their sports consciousness and physical condition. In addition, attention should be paid to transmitting information such as science, correct medical care knowledge and sports skills to teenagers within a certain period of time, so as to minimize the adverse consequences caused by sports injuries.

5. Reasonable selection of venue equipment to improve teenagers’ physical fitness

In the youth sports training, the inappropriate choice of venues, equipment and equipment will also increase the probability of sports injuries. For example, because of the uneven sports place and fall is likely to occur, will produce a series of injuries such as collision, fracture and so on. Therefore, in sports activities, we should pay attention to the choice of sports venues, equipment, etc., and fully realize the impact of sports venues on the quality of sports training. For example, as far as playing basketball is concerned, it is necessary to choose wooden courts and plastic courts with higher flexibility, and to avoid the cement ground and land with potholes, let alone basketball on the hard stone ground. When choosing sneakers, pay attention to good wrapping, which can protect the ankle well and prevent ankle injury because the shoes are not suitable or the back help is too low. Sports infrastructure is an important foundation to carry out sports training, schools should pay more attention to sports disciplines, increase capital investment, and improve the school’s sports infrastructure. At the same time, in the process of sports training, the coach should carefully arrange the training place and continuously improve the content of the course. With “health first” as the fundamental idea, the scientific layout of the place should ensure the safety of young people in physical exercise and provide guarantee for their healthy development.

Summary:

To sum up, in order to make teenagers' physical fitness and sports quality be significantly improved, it is necessary to avoid sports injuries as much as possible. In this regard, the following measures can be taken: pay attention to the preparation activities and cultivate the prevention awareness of teenagers; Improve sports training methods to effectively avoid sports injuries; Reasonable arrangement of sports training, improve the overall effect of training; Scientific allocation of sports nutrition to reduce the recovery of sports injuries; Reasonable selection of site equipment to improve teenagers' physical fitness. In this way, it can lead the teenagers to establish the awareness of safe sports, and then reduce the frequency of sports injuries.

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