

Study on the Potential Safety Factors and Countermeasures of Football Teaching in Colleges and Universities

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Keywords: Universities; Football Teaching; Safety Factors; Countermeasure

Abstract: With the development of economy and society, the requirements for talents are constantly increasing, and the task of educating people in colleges and universities is facing new challenges. With the advancement of education reform, colleges and universities have paid more and more attention to physical education and the improvement of college students' physical quality. Football teaching belongs to a group sports with strong impact and high antagonism, which has the advantages of training students' physique and shaping students' spiritual quality. However, it is inevitable that there will be factors affecting safety in the process of teaching, affecting students' health and the smooth development of football teaching. Based on this, the article expounds the importance of football teaching in colleges and universities, analyzes the potential safety factors, and puts forward corresponding solutions.

1. Introduction

The football course offered by colleges and universities is one of the important contents of physical education in colleges and universities, and is very popular with students. By actively participating in football, college students can not only effectively exercise their physical quality, but also shape good spiritual quality in the process of unity and cooperation. However, in college football teaching, there are many potential safety hazards, which directly threaten the health of students and affect the smooth development of football teaching activities. Therefore, in view of the development of football teaching activities, teachers need to carefully analyze the potential safety hazards, and take effective measures to avoid the occurrence of safety accidents, so that football teaching can be carried out smoothly, and help students achieve the improvement of comprehensive quality.

2. The necessity of football teaching in colleges and universities

In terms of education in colleges and universities, football teaching can not only exercise students' physique, but also help students shape positive and healthy psychology, so that students have the spiritual qualities required for the development of today's society.[1] First of all, colleges and universities are important places to cultivate high-quality talents. They have the mission and responsibility to cultivate college students into all-round development. Carrying out football teaching activities can help students build healthy physique in the process of physical exercise. Secondly, in

the process of college sports teaching, football, as an important teaching project, does not need to have unified requirements for students, but carries out corresponding teaching activities around the interests and needs of college students. Therefore, students choose to study football solely on the basis of interest. Thirdly, carrying out football teaching can exercise students' spirit of doing things, we can enable students to understand and cooperate with each other in the process of competition, and enable them to form team consciousness. Finally, because a football match lasts a long time, it has a certain test on the endurance of the participating students. Therefore, to carry out football teaching in colleges and universities is the general trend of the development of sports education.

3. Potential safety factors in college football teaching

3.1. Teacher factor

In the process of carrying out football teaching activities in colleges and universities, teachers, as guides and organizers, their own teaching ability has a certain impact on the actual teaching effect, which requires teachers to constantly strengthen their own organizational ability and professional quality to meet the needs of football teaching work. However, in the actual teaching, there are unscientific teaching organization forms and inappropriate teaching methods, which will not only affect the enthusiasm of students to participate in football, but also make the classroom dull and dull, thus causing potential safety hazards. As the most direct guide of classroom teaching activities, teachers' words and behaviors will have an impact on students. If teachers do wrong demonstration, it will increase safety risks.

3.2. Student factors

As the successors and builders of the future of the motherland, college students are very important to participate in football to exercise their willpower. However, when students participate in football, because of their lack of practical experience, their psychological quality is not strong enough, and their ability to bear is at the end of the year. In addition, many students like to compete and seek stimulation, and their awareness of safety training is weak, which will inevitably lay hidden dangers for students to participate in football. At present, in the development of football teaching in many colleges and universities, it is difficult for students to pay attention to safety, which is mainly due to the weak safety awareness of students. It is difficult to implement the corresponding safety system, which will inevitably increase the safety risk.

3.3. Facility factors

In football teaching in colleges and universities, the imperfection of sports facilities and sports venues will inevitably increase the safety risks of sports. Especially in this case, it is difficult to avoid potential safety hazards when students participate in football. This requires colleges and universities to attach importance to the construction and improvement of sports facilities, and provide safe sports venues and facilities for football teaching, in order to ensure the smooth progress of all teaching work, and enable students to participate in football learning safely. In addition, the lack of maintenance and management of the football field makes students have safety accidents in the process of football.

3.4. Training factors

At present, in the development of football teaching in colleges and universities, there is a lack of planning for the arrangement of many accurate activities, which is often done at will in the classroom.

However, the preparation activities are not comprehensive, which will inevitably affect the actual level of students, and the high-intensity sports will make students injured, which will increase the probability of accidents. In terms of football, it is a highly antagonistic sport, and is difficult for students to avoid physical contact and collision during training. Some students do not know much about the rules of football. Irregular sports can easily lead to safety accidents for students during games or training. In addition, due to the lack of formal training for students, many students are relatively rusty in technology and are easy to hurt themselves or others when participating in sports.

4. Solutions to potential safety factors in college football teaching

4.1. Renewing football teaching ideas and stimulating students' initiative

For the development of football teaching in colleges and universities, scientific teaching ideas are the important guidance of the whole teaching work. Reforming football teaching ideas can not only activate students' initiative, but also make students form the awareness of lifelong sports, and is also the theoretical guidance for the realization of high-quality teaching objectives.[2] At present, in football teaching in colleges and universities, some educators pay more attention to the learning of students' football skills, but ignore the explanation and teaching of students' theoretical knowledge. In addition, teachers like to guide students, the teacher-student relationship is tense, and it is difficult to play the educational function of football, which is very detrimental to the overall development of students, and will have a negative impact on the smooth progress of football teaching. Therefore, in the context of teaching in the new era, in combination with the teaching objectives of college football, we should update the teaching ideas, select scientific teaching methods, and guide students' training to help students to achieve all-round development.[3] In the actual teaching, teachers need to abandon the traditional teaching ideas and realize the transformation of the main body of classroom teaching from teachers to students. The development of various football teaching activities needs to be student-centered, adopt the teaching mode that students are interested in, and lead students to feel the fun of football and experience the charm of football. At the same time, we should standardize the teaching of theory and skills, make college students participate safely and improve the overall efficiency of football teaching on the premise of stimulating students' subjective initiative[4] .

4.2. Perfecting equipment and venue to meeting the needs of football teaching

In football teaching in colleges and universities, there are potential safety hazards in football fields and equipment, which hinder the smooth progress of students' safe learning activities and teaching activities. Whether the football field and equipment are perfect or not has a direct impact on the development of football teaching activities. Therefore, colleges and universities need to strengthen the maintenance and management of the football field and related facilities, increase investment, and maintain the safe use of sports equipment. When having perfect football teaching conditions, we can better activate the enthusiasm of students to participate in football, and reduce the occurrence of safety accidents as much as possible, so as to improve the quality of football classroom teaching and promote the further development of college football teaching. In addition, the arrangement of football class hours also needs to be standardized and reasonable, strictly follow the football syllabus, and appropriately increase the football training content. At the same time, relevant school leaders need to attach great importance to football teaching, actively create high-quality football venues for students, and reduce safety accidents caused by inadequate facilities. In the long run, the improvement of football field and equipment is the basic guarantee for football teaching to achieve good results, thus improving the safety of the whole football teaching.

4.3. Doing a good job in sports preparation activities to ensure the safety of students

Football itself is a competitive event with strong antagonism, which has high requirements for the physical quality of football players. Therefore, before football teaching, teachers need to organize students to warm up. After the students do the preparatory activities before the foot movement, they can stimulate every joint and muscle of the students' body, so that they can maintain a highly concentrated state of excitement when participating in football, and make every organ of the body be effectively activated. Because of sufficient preparation activities, students can avoid sports injuries when exercising. This is mainly because when students are in a high state of excitement, their body flexibility is higher. They can better participate in football and exercise themselves. The football courses offered by colleges and universities are relatively limited in class hours, so it is difficult for college students to enter the sports state in a short time. Some preparatory activities are needed to help college students enter the sports state quickly. At the same time, preparation activities can accelerate students' metabolism activities and put all organs of the body into work. Therefore, before the football teaching work in colleges and universities is carried out, physical education teachers need to lead students to do enough preparation activities, so that students can avoid injuries in sports, avoid safety problems, and relieve students' psychological pressure, in order to make students in a positive and healthy state, and play a preventive and protective role on students' body and psychology.

4.4. Optimizing football teaching methods and reasonably arranging teaching contents

At present, colleges and universities should take into account all kinds of safety risks in football teaching, arrange reasonable physical training according to the actual teaching objectives and needs, and take into account the needs of different students' physical and mental development, as well as carry out hierarchical teaching, so that football teams with similar level can be targeted training. At the same time, teachers also need to organize corresponding football practical teaching, constantly explore teaching methods related to football, and help students to exercise effectively. During the teaching, teachers can participate in the actual training of students, participate in the football match with the command or referee of one side, control the hidden danger of safety in time, and cultivate the team spirit of students. Of course, in the process of football teaching, teachers need to make correct anomalies for students first, and gradually guide students to practice, so that students can master corresponding skills and learn standard actions and correct football rules. Because the students who participate in the football course choose football out of their interest, they have had some football experience in their previous studies, but lack professional guidance. Therefore, in the actual teaching, teachers can use the small venue teaching method to explain the football knowledge and technology in detail to achieve the improvement of football teaching level. In addition, in view of the development of football teaching work, in order to give better play to the characteristics of football antagonism, teachers need to pay attention to the balanced development of students' strength, physical fitness, speed, flexibility and other aspects, and make scientific and reasonable arrangements for the training content, so that students' physical fitness and football level can be improved and avoid their own unsafe factors during sports.

4.5. Defining the rules of football match and organizing teaching activities safely

In the development of physical education in colleges and universities, all sports have corresponding rules of competition, and football is no exception. It has its own unique rules of competition. When teaching football, teachers need to introduce the football rules to students before carrying out football training, so that students can understand the key points of each rule, and make students understand the importance of game rules for the standardized development of football games.

At the same time, teachers need to highlight the importance of abiding by the rules of football, students can understand that abiding by the rules can enhance their own safety, and guide students to participate in football safely on the basis of abiding by the rules. In the process of specific practical teaching, for the development of football, teachers can adopt the international football rules, and according to the characteristics of the school's football teaching, or in combination with the restrictive conditions of the facilities and fields, formulate the match rules that meet the needs of football teaching, and guide students to abide by the rules in the process of participating in football, so that students can use football skills in a standardized way, in order to avoid safety accidents caused by illegal operations, and the safety problems of football teaching can be avoided.

5. Conclusion

In a word, during the development of college education, football teaching is different from other sports courses. It has a long history of development and belongs to a competitive sports project. Because football is characterized by high intensity of exercise, it has high requirements for students' physical fitness. If students' physical fitness is unqualified, it will inevitably have a negative impact on the results of the game, and even cause their own muscle injury. Therefore, in view of the potential safety factors of football teaching in colleges and universities at the present stage, it is necessary to summarize the reasons, arrange reasonable teaching contents, select the training methods suitable for students, and give scientific guidance to students, so as to make all teaching work go smoothly and help students achieve comprehensive development.

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