

Research on the innovation of college students' sports protection system under the background of "Trinity"

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Abstract: The characteristics of sports determine that it has certain risks. Correspondingly, sports injury accidents also occur from time to time in the process of carrying out sports for college students. Once sports injuries occur, it will affect the sports activities of college students. If it is carried out normally, it will cause irreversible damage to the physical and mental health of students. In the sports carried out in colleges and universities, it is inevitable that college students will have sports injuries. Although this is a relatively common sports problem, it does not mean that it can be ignored. This paper studies sports protection issues in college students' sports, aiming to improve students' awareness of sports injury self-protection, improve the social effectiveness of college students' sports protection, promote the development of sports protection teaching for college students, and promote college campuses. The boom in physical activity. It is necessary for colleges and universities to play an active guiding role, cultivate students' awareness of sports injury prevention, and encourage students to participate in various sports healthily.

1. Introduction

Colleges and universities are important bases for directly cultivating and transporting talents for the society. The comprehensive quality structure formed by students during their schooling is an important foundation for their future participation in social activities and self-development. The characteristics of sports determine that it has certain risks. Correspondingly, sports injury accidents also occur from time to time in the process of carrying out sports for college students. If it is carried out normally, it will cause irreversible damage to the physical and mental health of students [1]. Under the background of quality education, college education should not only focus on the subject education of students, but also on the physical and mental education of students, so that students can participate in sports with a healthy body, which can not only allow students to fully display their youthful enthusiasm, but also avoid sports. The problem of injury is conducive to promoting the better development of college students[2]. The prevention of sports injuries is a crucial issue in the process of developing college students' sports. As an important part of the education system of colleges and universities in my country, college students' sports protection not only has the educational function of improving students' health quality and promoting the healthy development of body and mind, but also shoulders the important mission of cultivating students' "lifelong sports thoughts" [3]. This paper studies the problem of sports protection in college students' sports, in order to improve the safety of college students' sports through the strengthening of sports protection, and reduce the probability of sports injury accidents in sports. The fitness skills that students master during school and the self-awareness of participating in social sports activities will have a positive effect on their future healthy development, and at the same time, they will also have a profound impact on their surrounding groups.

2. The current situation and innovation difficulties of college students' sports protection system

2.1. The concept of physical education is immature, and the management system of sports protection teaching is not perfect

Although the reform of student sports protection teaching and education in colleges and universities in my country has been around for a long time, its reform effect has not been satisfactory. One of the most important reasons for this is that the innovation of student sports protection teaching in colleges and universities has not broken the original traditional teaching concept. And ideological restrictions, still maintain a backward educational method in the concept of sports protection teaching [4]. The content of traditional physical education textbooks is large, the structure of physical education courses is outdated, and the teaching concept of sports protection is immature. These are the main difficulties faced by college students in sports protection. sports.

At present, in the process of sports protection education for college students in my country, the ideas of health education and quality education have been established, but in the actual teaching process, there are still cases where the guiding ideology has not been implemented [5]. In addition, physical education teachers should regard the physical and mental health of students as the core content of improving the quality of physical education. However, some physical education teachers are still unable to temporarily change the traditional teaching bad habits in classroom teaching due to their deep-rooted traditional educational ideas [6]. The starting point for most schools to carry out sports protection teaching is indeed to improve the physical quality of college students, but in the specific implementation, it is ignored that sports protection teaching should have sufficient time and means, which leads to sports protection teaching for college students. It's just an appearance, and it doesn't play its due value. The guiding ideology ensures the achievement of the purpose of sports protection teaching, and directs the actual teaching link. The value of sports has not really been shown in the teaching of sports protection for college students. Sports is an important way and means to improve the body, shape the character, and enhance the psychological quality of students. However, the principle of cultivating students' virtue and self-cultivation has not been integrated into the classroom of college students' sports protection teaching, which is the lack of the soul of current college students' sports protection education [7].

2.2. The sports evaluation system is inappropriate, and the sports protection teaching idea is not of the times

As we all know, physical education is originally a lively and interesting subject, which is a subject for students to show their nature and stimulate students' innovative thinking. However, due to the current physical education system, the physical education classroom has lost its vitality [8]. The formulation of teaching plans is an important step for college students' sports protection teaching and innovation, and affects its process. However, against the background of the tight and fulfilling rhythm of daily cultural course teaching in colleges and universities, there is not much time for students to take physical education classes. Even if teachers have more innovative content in sports protection teaching, they will be limited by the length of sports protection teaching and cannot perform [9]. At this stage, most college students' sports protection teaching still focuses on competitive sports. With the deepening of teaching reform in the content of college students' sports protection teaching, although the teaching content has improved, it still does not completely break the teaching concept of attaching importance to technical theory. and means.

The boring physical training in physical education classroom not only makes students lose interest, but also makes them seriously bored. More and more students are unwilling to actively participate in physical activities, or passively cope with exams, and the physical education evaluation system is seriously lacking. , resulting in the students' physical and psychological quality has not been improved, and even caused the adverse effect of twice the effort [10]. This has gradually formed the confusion and uncertainty of the sports protection teaching plan for students in colleges and universities. Teachers are preparing temporarily before class, or dealing with things in

class. The lack of close logical connection between courses has led to many students after the end of physical education courses. Not much was gained. In special teaching, technology is still highly valued, and there is no essential difference between before and after the reform. At the same time, students' self-exercise awareness and habits have not been cultivated and improved in teaching practice. The teaching content failed to truly reflect the purpose of innovative teaching, and the reform of teaching content failed to implement the policy of innovative education.

3. Sports protection strategies in college students' sports

3.1. Give full play to the strength of college associations and publicize awareness of protection

Paying attention to sports protection education and improving students' awareness of sports protection is the fundamental way to reduce the probability of sports injury accidents in college students' sports. In every college campus, many sports enthusiasts will form different sports clubs, such as badminton, billiards, basketball, football and other sports clubs, and these sports will cause sports injuries to students, so the power of clubs can be exerted Promote awareness of protection. The most effective measure to avoid sports injuries is prevention, and improving the ability to prevent sports injuries is the basis of preventive behavior. For different sports events, timely infiltrate the corresponding sports protection knowledge, and infiltrate the sports protection education into the process of carrying out sports. The protection method system is shown in Figure 1.

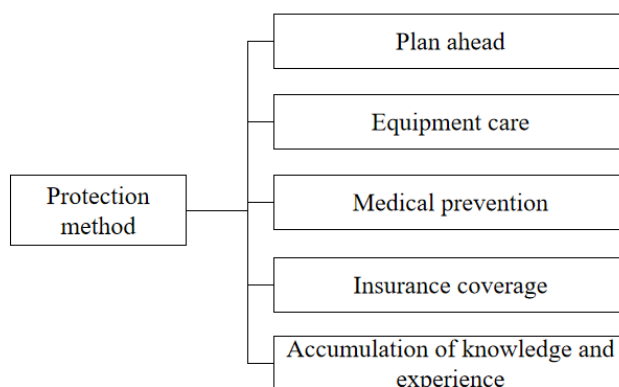


Figure 1 Protection method system

Colleges and universities can suggest that each sports club often hold campus sports activities to encourage more students to participate in club activities. At the same time, during the process of activities, students can emphasize the importance of safety protection, and they can also demonstrate and explain possible sports to students. Injury type, because the club is a student's voluntary organization, each student will have a high sense of trust in the club, so it can effectively strengthen the students' awareness of sports injury protection. Compared with college students, the key to improving their ability to prevent sports injuries is to improve their awareness of the hazards of sports injuries. degree, and then establish the self-awareness of effective prevention. Strengthen publicity and education, and use the school's campus network, radio stations, bulletin boards, etc. to publicize knowledge about sports protection, so as to deepen students' understanding of the dangers of sports injuries in sports and improve students' awareness of sports protection.

3.2. Give full play to the guiding role of sports protection teaching in colleges and universities, and cultivate awareness of protection

Before the start of sports, it is necessary to conduct a careful safety inspection of the venues and equipment and facilities used in the sports, and make reasonable arrangements. In the sports protection teaching of college students, many different sports can be selected according to students' interests, such as martial arts, aerobics, football, basketball, etc. Each sports will have corresponding professional physical education teachers to lead the teaching, and these teachers are

all He is a talented student who graduated from a professional sports school. College students are a group with outstanding personality and changeable emotions. They are easily affected by external factors and cause excessive or out-of-control emotions. Check the students' clothing, shoes, etc., remove unnecessary key pendants, accessories, etc., in order to eliminate potential safety hazards as much as possible. Teachers can give full play to their professional advantages. In the classroom, they can not only teach students sports skills, but also teach students skills to avoid sports injuries, which is conducive to promoting students to learn sports skills in a healthy direction, and at the same time better. Cultivate students' awareness of sports injury prevention. The curriculum system of sports protection major is shown in Figure 2.

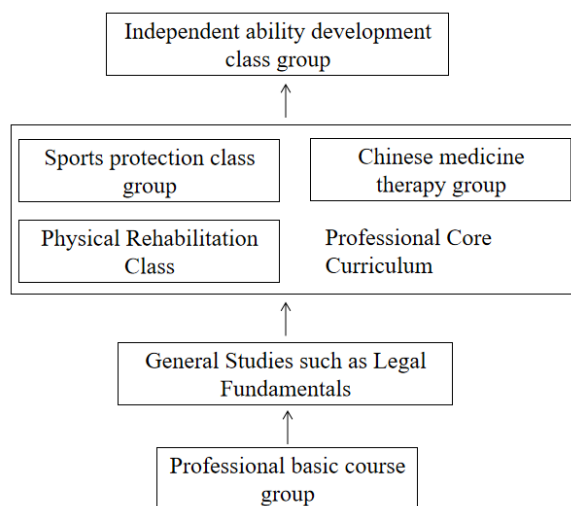


Figure 2 Course system diagram of sports protection major

In the process of physical learning and exercise, too high or too low emotions are easy to induce sports injuries. Therefore, how to improve students' self-control ability so that students can maintain a peaceful state of mind in daily learning and exercise is particularly important. Carry out adequate preparation activities according to the sports to be carried out, so as to enter the sports state as soon as possible. When basketball professional physical education teachers teach offensive skills, they require students not to use their left or right hands to fiddle with others during dribbling, which will not only cause fouls, but also cause damage to defenders, such as sensitive eyes and neck. part. Teachers are asked to be good at grasping the psychological dynamics of students in the teaching process, to detect changes in their emotions in time, to make timely adjustments and control, and to actively guide the effective transformation of Ji Sui Xu.

4. Conclusions

Sports itself is irritating and hurtful. As managers of students, teachers need to teach students the necessary awareness of sports injury prevention to ensure that students can participate in sports with a healthy concept of sports, which can not only allow students to enjoy the stimulation of sports Sex, but also allows students to avoid unnecessary sports injuries. As a new type of teaching mode, the autonomous teaching mode plays an important role in the teaching of sports protection in higher vocational colleges. At present, higher vocational colleges start from ideological and theoretical propaganda to teachers and students to achieve autonomy in sports protection teaching. The development of the teaching model is the new normal, and there are new achievements in the new normal. The backward and outdated teaching concepts have led to the lack of inspiration and means for most colleges and universities to carry out sports protection teaching innovation work. The teaching plan and teaching orientation are still in a chaotic state, which is not conducive to the application of new teaching methods and teaching content. The practice leads to the unsatisfactory sports performance of college students. Innovation is not only produced in thinking, but also tested in continuous practice. The continuous practice of innovative education is a long-term and arduous task for contemporary college students' sports protection teachers, who should constantly sum up

experience, explore truth and summarize conclusions in practice.

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