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Investigation on Safety Problems and Risk Prevention of College Students' Sports Activities

-- Taking Mianyang Normal School as an Example

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Abstract: Recent years, the country has placed sports in an important strategic position for development, and put forward red documents such as Quanming Fitness and Sports Power, which shows the important influence of sports on national nations. Under the background of the new era, especially the contemporary college students, their physical quality and cultural accomplishment play an extremely important role in the development of the Chinese Dream. Sports can strengthen muscles, bones, knowledge and will. The vigorous development of sports plays a positive role in promoting the country. The great rejuvenation of the Chinese nation is inseparable from the development of the national physique.The research object of this paper is the safety problems and risk prevention in college students' sports. The research methods are literature, expert interview, questionnaire survey and mathematical analysis to get the source of the problems and make some suggestions. At present, the safety problems of College Students' Sports emerge in endlessly, the risk accidents increase sharply, and the problems are not properly handled. College students love sports activities, but their safety awareness is weak. Sports injuries are mostly caused by personal reasons, followed by sports facilities.Most of the injured parts occur in the joints, and the body recovery after exercise is improper. It is necessary for students to strengthen the awareness of sports safety accidents, and schools should also pay attention to training students' safety knowledge and improving equipment. As for the safety problems at this stage, it is inevitable for schools to participate in sports insurance, which can not only properly deal with students' sports safety accidents.

Keywords: Safety issues; Risk prevention; College students physical exercise.

1. Preface

1.1. Topic selection

Sports, as an indispensable step in promoting comprehensive human development, have also been placed in an important strategic position in China in recent years, proposing a series of national policies such as national fitness and sports power. As builders and successors of the motherland, college students' physical health is closely related to the improvement of China's comprehensive strength. However, contemporary college students have a weak awareness of sports safety, which greatly restricts the development of China's sports industry and does not comply with the guiding ideology of health first. So I chose this research topic for analysis.

1.2. Research objective and research meaning

The great rejuvenation of the Chinese nation cannot be achieved without the development of the national physique. As the successor of the Chinese nation, one needs to have a strong physique. But injuries caused during exercise can inhibit students' enthusiasm and confidence in sports. Through this research project, we aim to explore whether the guidance on safety issues and risk prevention in college students' sports provides a positive promoting effect on scientific and systematic exercise.

1.3. Current research status at home and abroad

Xiong Shaohua's "Safety Discussion on the Use of Metal Materials in College Physical Education Teaching Equipment - Evaluation of Materials for Sports Equipment" proposes that the safety issues and injury accidents in college physical education are largely related to the use of sports equipment. Sports equipment is mostly metal, which is prone to rust and wear after exposure to wind and sun. However, there is a lack of maintenance and upkeep of equipment and facilities, This is an important reason for injuries and illnesses among athletes[1].

Li Xifeng pointed out in her book "Research on the Construction of Life Safety Education in College Physical Education Teaching - Taking Huaihua University as an Example" that life safety education plays a positive role in promoting the development of national minorities, and the great rejuvenation of the Chinese nation requires attention to the physical fitness development of contemporary college students. Currently, conducting sports safety education for college students is of great significance for development, not only in line with the comprehensive development of physical and mental health of college students, It also conforms to the national strategy of comprehensively building a sports powerhouse[2].

In his "Research on the Risk Prevention Mechanism of College Sports", Wu Han stated that the risk of sports injuries in college sports runs through the entire exercise process, leading to many safety issues and personnel compensation incidents. However, as long as reasonable measures are taken to prevent sports risks, the occurrence of injury incidents can be greatly limited[3].

Wang Liang, Qinghe, and Shi Bing pointed out in "Research on the Handling and Risk Prevention Mechanism

of Sports Injury Accidents for College Students" that schools should make arrangements in advance to prevent safety risk accidents from occurring. Secondly, they should strengthen publicity and education for students, improve safety knowledge and prevention awareness. Finally, guide and require students to purchase sports risk insurance, so that they can handle safety accidents properly[4].

2. Research Objects and Methods

2.1. Research objects

Taking the safety issues and risk prevention of college students' sports activities as the research object, and taking non sports major students from Mianyang Normal University as an example. The method of document distribution is on-site distribution and mailing. A total of 260 survey questionnaires were distributed to non sports major students at Mianyang Normal University, with a recovery rate of 85% and an effective rate of 100%. The recovery rate and efficiency of this questionnaire can meet the needs of my research topic. Although the surveyed students are all from Mianyang Normal University, it can also be inferred that the current status of research on the safety issues and risk prevention of sports activities among college students is significant. The data collection of a questionnaire survey conducted on students at Mianyang Normal University is as follows.

The questionnaire for this topic is based on the original questionnaire of classmates, and some new content on sports safety has been added for analysis, organization, and statistics.

2.2. Research methods

2.2.1. Literature method

By consulting the library of Mianyang Normal University, the library of Jialing District, Nanchong City, and CNKI, we have reviewed the background reasons for sports injury accidents and problems among college students in sports activities since 2017. We have also learned about real cases of safety issues in college students' sports activities through channels such as the Internet and television, making the research content more rich and authentic.

2.2.2. Expert interview method

Conduct face-to-face interviews with the physical education work managers of the School of Physical Education of Mianyang Normal University, as well as some outstanding teachers engaged in physical education and college students from various colleges. The content of the interview mainly focuses on the background reasons for the safety issues and risk prevention of college students' sports activities, response plans and measures, and understanding of the reasons. Reasonable opinions on the safety issues of college students' sports activities are proposed, and the trend of college students' sports development is predicted. Carefully record and analyze the results of the teacher's interview.

2.2.3. Questionnaire survey method

Based on research materials, extensive literature review, and through communication with classmates and guidance from teachers, a "Research Questionnaire on Safety Issues and Risk Prevention in College Students' Sports Activities" has been developed. Through communication with teachers and listening to opinions, the questionnaire aims to be objective and accurate.

2.2.4. Mathematical analysis method

This project will establish a database system on a computer using the obtained data and information, and use some software to process percentage statistics and develop data statistics graphs for three-line statistical tables to obtain the authenticity and reliability of the data.

3. Research Results and Analysis

3.1. Investigation and Analysis of Sports Injuries among College Students in Mianyang City

3.1.1. Investigation and Analysis of Safety Issues in College Students' Sports Activities

Table 1. Statistics on Safety Issues Occurred by College Students Participating in Physical Exercise (n=220)

category	Security issues have occurred before	No security issues have occurred	total
Number of people	198	22	220
proportion	90%	10%	100%

Sports safety issues refer to a behavior that is detrimental to physical health while engaging in a certain sports event. From the above chart, it can be seen that the vast majority of students have experienced safety issues. In recent years, the country has attached increasing importance to the physical fitness of young people, and has issued a series of documents such as national fitness and sports power. Chairman Mao once said that civilization, its spirit, and barbarism, demonstrate the significant impact of sports on human development[5]. The great rejuvenation of the Chinese nation is not only the development of economy, technology, and culture, but also the spiritual quality and physical fitness of a famous ethnic group, which can be achieved through physical exercise[6]. Many college students gradually reduce their physical activity and exercise due to their fear of injury or illness during the exercise process. Physical education teachers are also unable to carry out physical education classes due to concerns about student injuries in class. The safety issues in sports run through the entire physical activity, such as muscle strain caused by insufficient warm-up before the activity, tearing of muscles and ligaments caused by excessive exercise intensity during the activity, and delayed muscle pain and immune decline caused by lack of body relaxation and sufficient energy supplementation after the exercise.

3.1.2. Investigation and Analysis of Common Safety Issues in College Students' Sports Activities

Table 2. Statistics of Common Safety Issues in Sports (n=220)

Category	fracture	muscle injury	Achilles tendonitis	total
Number of people	45	97	78	220
proportion	20%	44%	36%	100%

The above chart shows that common safety issues during

exercise include fractures, muscle injuries, and Achilles tendinitis. Muscle damage is the most likely to occur. Muscles themselves have elastic characteristics, but due to their physiological characteristics, they can have significant viscosity in colder environments. If the body does not fully warm up during exercise, it can easily lead to muscle strain. And during intense exercise, due to excessive intensity, the length of muscle extension exceeds the maximum tolerance of the body, which can easily lead to muscle damage. Secondly, there is Achilles tendinitis, which requires most sports activities to be completed during running. Failure to pre stretch the Achilles tendon and ligaments during exercise can cause damage to the Achilles tendon, leading to Achilles tendinitis over time. Once again, there is a fracture, which is caused by direct or indirect violence. The first type is due to excessive exercise intensity or intense impact from the opponent. The second type is due to the attachment of ligaments or tendons to the bone. If the twisting force is large, the ligaments or tendons will be directly torn off the bone surface, resulting in a tearing fracture.

The above safety issues can be prevented through a series of measures, such as strengthening preparation for warm-up activities, conducting muscle stretch reflex training, and stretching and relaxation after exercise, which can greatly avoid muscle injury events [7]. The fundamental purpose of physical exercise is to strengthen the body, prevent diseases, and sports injuries have a significant impact on human health[8] .The prevention of Achilles tendinitis mainly involves stretching before exercise and relaxing after exercise. To avoid fracture incidents, in addition to strengthening physical fitness exercises, it is also necessary to expose oneself to more sunlight to increase the endurance of the bones. In addition, it is also necessary to enhance safety awareness and self-protection to avoid risk factors during exercise.

3.1.3. Analysis of Injury Factors in College Students' Sports Activities

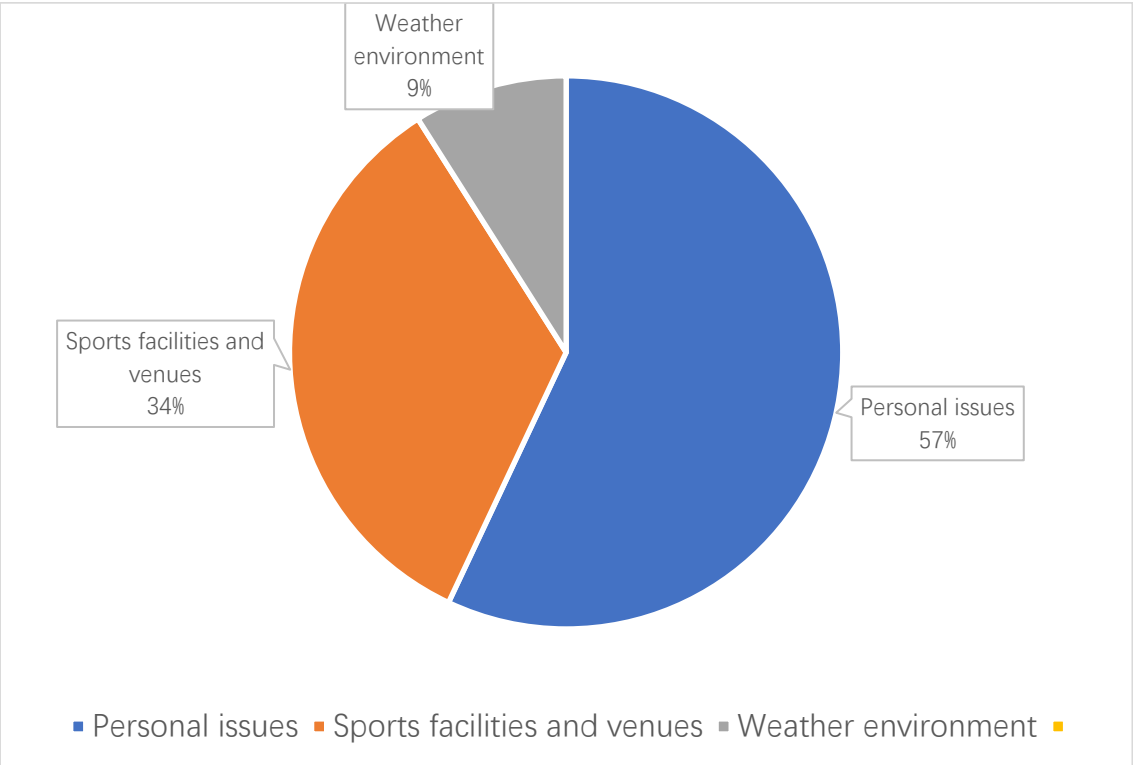

Figure 1. Statistics of injury factors caused by sports activities (n=220)

The above chart can reflect that the main reason for safety issues in sports activities is still related to personal conditions. As an independent individual, people have great subjective initiative and can basically manipulate many factors in physical exercise. Nowadays, many injuries are caused by individual reasons. For example, insufficient preparation activities, exercise intensity exceeding one's own endurance, lack of protective equipment during exercise, and subjective carelessness[9].

Moreover, due to the immaturity of students' thinking, they are competitive and emotionally agitated during physical exercise. The sympathetic nervous system is already quite excited during physical exercise, and through external stimuli, students are more likely to engage in difficult movements or dangerous behaviors. Once again, if exercising in competition and confrontation, emotional excitement and impatience may also lead to serious fights and brawls[10]. Secondly, there are inadequate safety facilities and aging sports facilities in the sports field. It is well known that a good training environment is very important. If athletes exercise in a comfortable and safe sports field, the likelihood of safety issues occurring during exercise will be greatly reduced[11].

Through communication with numerous students, it can be clearly developed that a good training environment and sports venue have a positive promoting effect on the physical and psychological well-being of participants. However, most schools do not maintain and repair sports facilities in a timely manner, such as outdoor football doorframes, basketball frames, basketball nets, single and double poles, anti slip floors, etc. After exposure to wind and sun, the equipment becomes unstable or even falls off, and the ground becomes wet and slippery. If these issues cannot be corrected in a timely manner, there are significant risks and hidden dangers when participating in sports exercises, which can easily lead

to safety issues in sports. Once again, it is the impact of weather on physical exercise during sports, where various organs of the human body work together to provide support for athletes. The most important thing is a steady-state regulation, where the body maintains stability in its physical and chemical properties through a series of changes in the internal and external environment. However, changes in the external environment have the most direct and obvious impact on physical exercise. It is well known that during vigorous exercise, the hypothalamus secretes antidiuretic hormone, which prevents the body from losing water too quickly and is also used to maintain a constant body temperature. However, in hot and humid environments, if there is insufficient hydration or excessive loss of potassium ions, athletes are prone to dehydration and fainting. In addition, when exercising in cold environments, muscle viscosity is strong, muscles are not easy to stretch, and central nervous system excitability is low[12]. If the intensity of exercise is too high, it is easy to cause muscle strain or even a rupture of ligament tissue. So exercising under adverse weather conditions requires careful consideration.

3.1.4. An Analysis of the Injured Parts of College Students in Sports Activities

Table 3. Statistics of Sports Injury Site Data (n=220)

Category	Joint sprain	Abrasion	Muscle strain	Ligament tear	total
Number of people	174	8	32	6	220
proportion	78%	4%	15%	3%	100%

The above chart shows that 78% of college student sports participants have experienced safety issues, indicating that safety accidents in sports are a very common problem. Joints are an important part of human movement, and through communication with respondents, many injured individuals' bodies are mostly located in the ankle and knee joints. The ankle joint is a flexible joint that requires both feet to move in any sport, and especially in running and jumping events and confrontation events, the flexible use of the ankle joint is more vividly demonstrate[13]. The main reason why the ankle joint is prone to sprain is that the ligament capsule in the ankle joint is relatively loose, and there are fewer surrounding ligaments. Moreover, most athletes tend to overlook strength training in the ankle joint. Little did they know that if the strength of the ankle joint is weak, it is easy to experience rollover and sprain events during exercise, and if the number of ankle joint injuries is too high, it can lead to habitual ankle joint sprains. Another very important point is that many athletes consider each joint part as an independent individual. The book on functional training in sports clearly points out the training requirements for alternating joints. The ankle joint is mainly focused on flexibility, while the knee joint is the opposite, with stability as the main focus. So it can be imagined that if the flexibility of the ankle joint is too poor, the body will compensate through a compensatory effect. The knee joint will contribute some flexibility, but the knee joint itself only controls the stability of the body, which leads to a series of problems in the body. So when a joint has problems, it often causes pain in the joints above or below it. The knee joint mainly plays a buffering role in sports, but poor takeoff and landing movements during exercise can cause irreparable damage to the knee joint. And many people only value the increase in body temperature when engaging in physical exercise, while neglecting the need for a series of preparatory activities in the joints to reach a state of exercise[14]. Through interviews, it was found that many physical exercisers have knee problems, ranging from swelling and swelling of the knee to tearing of the anterior and posterior cruciate ligament tissue. The knee is an extremely important activity link, and many excellent athletes are forced to stop their sports careers due to knee joint injuries. For example, Yao Ming, as the first center in the NBA at that time, was a pride for the Chinese people. However, due to his knee injury, he retired in tears, casting a shadow over the Chinese basketball at that time.

It can be found that many people only stay at the stage where their body can warm up during warm-up exercises. This also indirectly shows that many athletes do not attach great importance to warm-up. Good preparation activities can improve the excitability of the human nervous system, strengthen the secretion of adrenaline, and provide support for quickly achieving a suitable level of physiological function. And it can overcome the inertia of internal organs, enhance oxygen transport, and shorten entry into working mode. Once again, it increases body temperature, enhances metabolic levels, reduces muscle viscosity, improves stretching, and has a series of promoting effects. But with the increasing level of exercise, people should pay more attention to warm-up before exercise. From some sports documentaries and computers, it can be found that the more professional athletes are, the more they value warm-up before exercise. This includes first using the foam axis to move the muscles of the body, then stretching the joints and ligaments, and finally warming up the joints dynamically. This is not complicated or useless, but research has shown that a good warm-up state has a positive promoting effect on improving exercise performance and preventing injuries.

So as contemporary college students, we should pay attention to the issue of whether we can reduce the probability of injuries and illnesses through a series of exercises, as safety issues often arise. This not only conforms to the guiding principle of health first, but also adds insurance to the physical exercise of Chinese college students. To enable the vast sports population to enjoy sports, scientific sports, and healthy sports, laying a solid foundation.

3.1.5. Analysis on the Selection Methods of Physical Recovery for College Students after Sports Activities

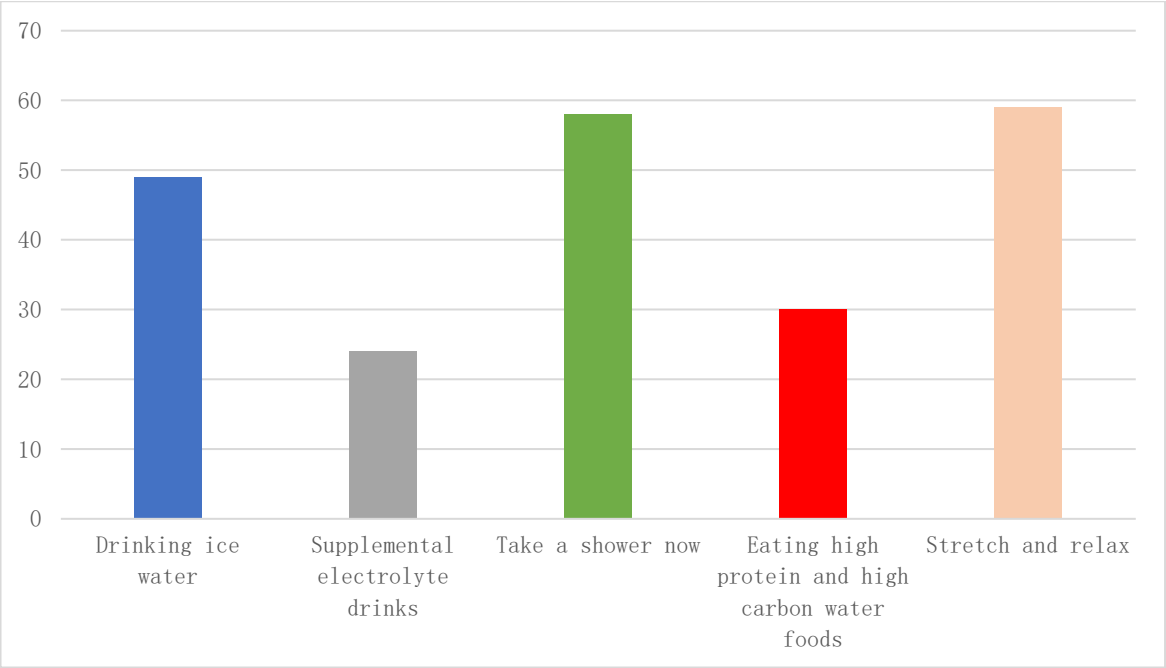

Figure 2. Selection of recovery method after 3 hours of exercise (n=220)

The above table shows that most athletes tend to drink ice water and take a shower immediately after exercise. Little does it know that after exercise, the blood vessels in the gastrointestinal tract dilate and blood circulation accelerates. Drinking ice water can stimulate the blood vessels and mucous membranes in the gastrointestinal tract, causing them to contract rapidly and cause gastrointestinal spasms, leading to abdominal pain, bloating, and diarrhea in the body. And from the perspective of traditional Chinese medicine, after exercise, the body belongs to the period of heat dissipation. Drinking ice water can cause the invasion of cold pathogens, leading to coldness and spleen and stomach weakness. After exercise, it takes half an hour for the human heart rate to return to normal. If you take a shower immediately, it can cause dizziness, dizziness, and even arrhythmia in the athlete. In addition, bathing at this time causes muscles and skin to compete for blood, which can cause brief ischemia of the human organs (brain, heart), leading to disease.

However, there is not much emphasis on supplementing electrolyte drinks and diets. Excessive sweating during exercise can lead to the loss of electrolytes in the body. For example, sodium ions play a role in maintaining acid-base balance in the body, osmotic pressure in extracellular fluids, and chloride ions are also involved in the generation of gastric acid in the body. Electrolyte drinks not only provide targeted nutritional supplements for exercise loss, but also provide trace elements such as sugar, vitamins, and sodium, potassium, and calcium, promoting rapid recovery of the body and alleviating physiological effects such as fatigue[15]. Excessive loss of trace elements such as sodium ions can lead to dizziness and even shock. And during exercise, a large amount of muscle glycogen and liver glycogen are consumed, causing a sharp drop in blood sugar in the body. At this time, consuming high carbohydrates has a promoting effect on the body's recovery. In addition, one to two hours after exercise is the peak period for the body's synthesis and metabolism. Supplementing protein at this time not only provides raw materials for muscle recovery and synthesis, achieving rapid muscle growth, but also enables the body to quickly recover and eliminate fatigue.

During exercise, the sympathetic nervous system is excited and energy metabolism is vigorous. After exercise, resting can stimulate the parasympathetic nervous system, playing a central role in avoiding excessive fatigue in the human body and leading to diseases. Stretching after exercise can protect ligaments, reduce muscle tension, relax muscles, promote blood circulation, and improve body coordination, flexibility, and reduce delayed muscle soreness.

After exercise, reasonable and effective recovery measures not only have a positive effect on the body of athletes, but also strengthen their understanding of the laws and methods of exercise, providing a foundation for their scientific and systematic exercise. Secondly, through communication and exchange, the scientific methods of post exercise recovery can be shared with others, thereby better supporting scientific exercise methods for college students. Accelerate the transformation of China from a sports powerhouse to a sports powerhouse, and provide impetus and support for the great rejuvenation of the Chinese nation[16].

3.1.6. Probability Analysis of Risk for College Students Participating in Sports Activities

Table 4. Probability Analysis of Sports Activity Risks (n=220)

Category	High intensity competition	Group movement	individual sports	total
Number of people	128	69	23	220
proportion	58%	31%	11%	100%

From the graph, it can be seen that high-intensity competition is the highest cause of sports risk, with the lowest probability of individual sports risk and the middle probability of group sports injury. Why is it easy to suffer

injuries from intense group sports? Through a conversation with the interviewee, it can be found that college students are in their youth and attach great importance to the outcome of the competition. During the competition, physical confrontation was very intense, and both sides refused to accept defeat. In addition, there are many spectators cheering in school sports, and in order to win applause and respect from everyone, athletes on the field have a hot head and excessive secretion of catecholamines to do some difficult and usually difficult movements. In addition, many students have not personally experienced the pain of physical injury and do not take the threat of injury seriously. Moreover, in group confrontations, excessive physical exertion, excessive sweating, and insufficient loss of muscle glycogen, liver glycogen, and sodium ions in the body can lead to distorted movements or physical exhaustion, leading to physical damage.

Individual sports injuries also occur occasionally, which is indeed a confusion because injuries are surprising without any external force. However, through careful communication, it was discovered that there was a reason for this. When a person was exercising, it was precisely because they believed that their movement was very safe that they did not pay special attention to safety issues in their minds. However, when completing some exercises, they were careless and ultimately injured. And in individual sports, one cannot help but complete sports movements that cannot be completed normally, and these movements also require high physical fitness, such as the lever or dunk in basketball, which can easily lead to safety accidents without sufficient preparation conditions. Research has found that people without mental tension or concentration during exercise can easily lead to injuries and illnesses.

3.1.7. Characteristics of the Time Periods of Sports Injuries among College Students

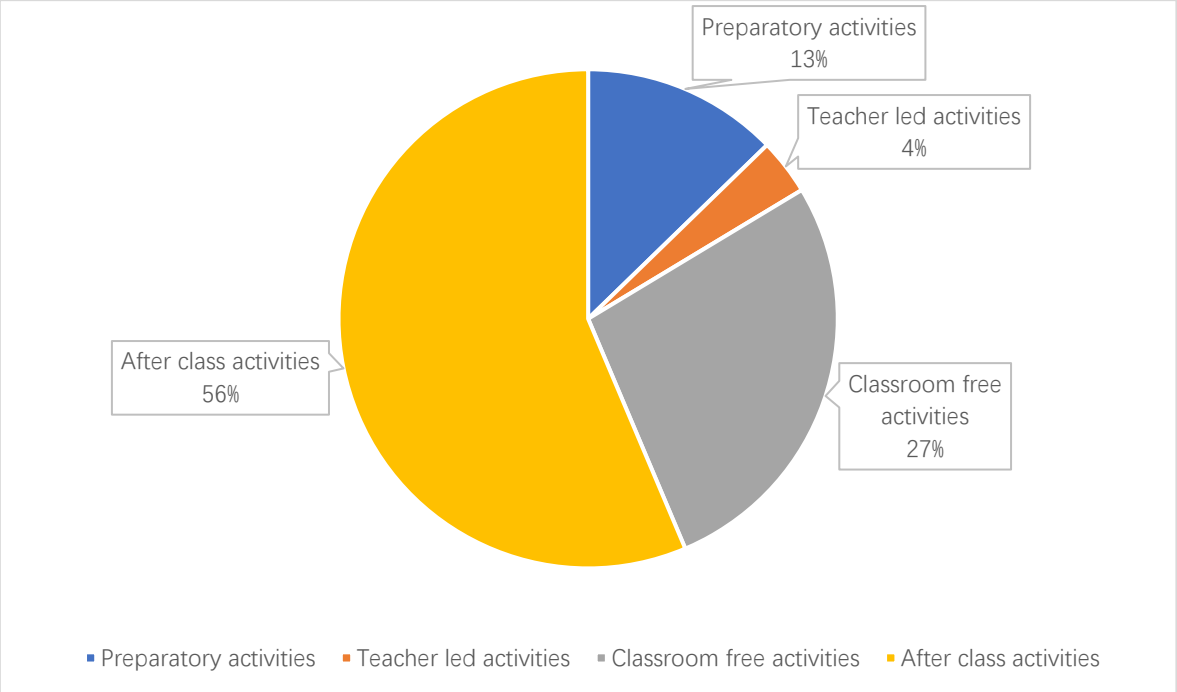

Figure 3. Time period of sports injury occurrence (n=220)

Through the above investigation and analysis, it can be concluded that the time period of college students' sports injuries is mainly during free activities in class and after class activities. There is generally no physical injury during pre class preparation activities and teacher guidance. It can be concluded that sports injuries generally occur in environments with high degrees of freedom and flexibility. At this point, people's psychological state is relatively relaxed, and they do not attach great importance to dangerous movements. They like to imitate and challenge difficult movements that cannot be completed normally, while their physical fitness does not allow them to complete the movements. And due to the lack of guidance from teachers outside of class, students' safety awareness is also indifferent, coupled with too many uncontrollable factors, such as excessive competition intensity, weak physical fitness, and venue safety issues, which have led to injuries and illnesses. In preparation activities and teacher guidance, due to the low intensity of exercise, low difficulty coefficient, and specialized supervision and guidance from teachers, safety issues and risk prevention are addressed.It has a reducing or even inhibitory effect.

3.2. Risk Transfer of College Students' Sports Participation in Sports

Table 5. Do college students approve of purchasing sports insurance (n=220)

Category	agree with	disagree	total
Number of people	128	92	220
proportion	58%	42%	100%

From the table above, it can be seen that students are still in a state of weak awareness about purchasing sports

commercial insurance. Most students believe that purchasing insurance is a waste or a fuss, but they did not expect the economic support provided by commercial insurance after sports injuries.

Some mistakes or dangerous actions made by college students in sports can lead to sports injuries for athletes, so universities will compensate based on the amount of responsibility they bear in sports. However, both students and schools are responsible for the occurrence of sports injuries, and a quantitative compensation plan is based on the magnitude of the responsibility[17]. However, in the current state, many injuries and illnesses that have occurred cannot be dealt with in a timely and effective manner, let alone the issue of compensation. Schools, teachers, and students all have their own opinions, and relevant education departments are also unable to solve them in accordance with effective legal provisions. In addition, many safety issues and accidents have not been handled satisfactorily, hindering communication between students and teachers, and even creating a vicious cycle[18]. The consequence of this is that schools are reducing the number of physical education classes offered, and teachers are also perfunctory in class, focusing on safety and not conducting normal teaching. Students do not have the time and conditions to engage in physical exercise, which leads to a decline in their physical fitness and is not conducive to their comprehensive development. It also runs counter to the national strategy of building a strong country through national fitness and sports. To solve this thorny problem and reduce various liability risks, the role of sports insurance can be fully utilized, and the monetary aspects of losses can be transferred to sports insurance companies. This not only makes the insurance industry better serve the education system, but also promotes the vigorous development of China's sports industry. Implementing through legal supervision, conducting evaluations, and combining with reality, providing positive solutions and feasible strategies for sports injuries.

4. Conclusion and Recommendation

4.1. Conclusion

The probability of safety issues occurring in college sports is extremely high. Common safety issues mainly include muscle strain, Achilles tendinitis, and fractures.

The main sources of safety issues in college students' sports activities are students themselves, sports facilities, and sports environment. The weak safety awareness and poor physical fitness of students are the main reasons for the occurrence of injuries.

The main area of injury is in the knee and ankle joints, where the ligaments are less active and lack strength training is the main reason for the injury.

The selection of body recovery methods after exercise is not ideal, lacking scientific physical recovery methods, and the level of mastery and application of basic nutrition and physiology is relatively low.

The highest risk of injury in participating in sports activities is in high-intensity competitions, which indirectly reflects the poor physical fitness of students and the need to improve their athletic abilities. And safety awareness during sports needs to be continuously improved.

Whether it is the teacher or the students themselves who are the main cause of injury or the students themselves, students need to objectively seek solutions to the problem. The period of occurrence of sports injuries is mainly during free activities in the classroom and after class exercise periods.

Schools can require students to purchase sports injury accident risks, which has a positive effect on properly handling sports injury incidents.

4.2. Recommendation

Injuries in sports have a huge negative impact on students' enthusiasm for sports and the development of mass sports in China, which is not in line with the guiding ideology of health first and comprehensive development in national policies. The response to this problem can be addressed from two aspects. Firstly, from the internal perspective, students should strengthen their physical fitness training, especially the protection and improvement of vulnerable areas. Safety awareness in sports should also be strengthened, and attention should be paid to pre exercise warm-up activities and stretching relaxation. The body recovery method after exercise should be scientific and reasonable, and the mastery and application of sports physiology and sports nutrition should be strengthened. Secondly, schools should provide a safe and comfortable sports environment, improve the management of equipment and sports venues, increase investment in the construction of sports venues, organize the cultivation of sports safety knowledge and skills, strengthen school medical equipment, and improve the proper handling of sports injuries. In addition, sports risks can be transferred by requiring students to purchase sports insurance to reduce unnecessary problems and economic losses. And it can also better promote the development of China's sports industry, making it better serve the education industry.

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