

Exploring the development of Chinese campus football from the perspective of health

Ang Gao^a, Zhiquan Chen, Shuchen Li, Chang Zhang, Zepeng Quan

College of sports and Health Sciences, Zhejiang Normal University, Zhejiang, 321019, China
^a1263572789@qq.com

Abstract: Using the methods of literature review and logical analysis, from the perspective of healthy sports, this paper combs the development of campus football, and analyzes the impact of campus football on students' health and the prevention and control of potential risks. To further promote the development of campus football. The research shows that: the development of Chinese campus football has gone through three stages, and then it begins to get on the right track. In the process of development, it brings beneficial influence to students, but also has some potential risks. We should attach importance to it and guide campus football to develop in a virtuous circle through reasonable control.

Keywords: "Campus football", Primary and secondary schools, Risk prevention and control, Sport

1. Introduction

Football is recognized as the most popular sport in the world. Hundreds of millions of people participate in or engage in the cause related to football. As the most populous country in the world, China's football level and huge human resources do not match. Since 2015, China has started the top-down reform to promote the development of football. In the "overall plan for the reform and development of Chinese football", it is proposed to set up 20000 primary and secondary schools with football characteristics by 2020, and the number of primary and secondary schools with football characteristics will increase to 50000 by 2025^[1]. According to relevant reports, after the release of the program, a complete campus football system has been established, with more than 100000 football matches organized, covering more than 2.7 million students. In 2016, the state promulgated the "China Football medium and long term development plan (2016-2050)", planning short-term to 2020, medium-term to 2030, long-term prospects to 2050. In addition to the significance of revitalizing and developing football, one of the main goals of the plan is to accelerate the development of campus football, so as to lay a solid foundation for football in China by the end of 2020 and realize the regular participation of more than 30 million primary and secondary school students in football.

As the guiding ideology or core idea of Chinese school sports, "health first" has been widely and deeply penetrated into all aspects and fields of school sports, such as the propaganda of the sports and health curriculum standards of each edition, the slogan of campus culture, etc. Comrade Mao Zedong once proposed "health first" for school education, mainly in terms of learning. At present, the thought of "health first" in school education is in line with the "health first" proposed by Comrade Mao Zedong, and it is also the school education that is people-oriented and pays attention to the overall development of students. Under the guidance of "health first", health benefits and risks coexist in the promotion of campus football all over the country.

This paper will explore the development of campus football from the perspective of health, and analyze the health impact and risk prevention and control.

2. The development of campus football in China

With the construction of healthy China, physical education as a basic means of school, the development of campus football is of great significance. Campus football refers to the activities related to football training and competition in the school. According to the research of relevant scholars, before 2009, Chinese campus football activities have been continuously carried out, but the degree of attention is not enough. The relevant departments have not issued plans or documents on the

development of campus football, which is in the stage of disordered development. In April 2009, the State General Administration of sports and the Ministry of Education jointly issued the "notice on carrying out the national youth campus football activities". The notice pointed out that our country widely carries out campus football activities in primary and secondary schools to learn the basic knowledge of football and improve the basic skills of football. As a support, schools should establish a set of youth football talent training system combining teaching and sports.^[2]The development of campus football activities can be regarded as the reserve of football reserve talents in China, but its basic purpose is to promote the school sports reform and promote the students' physical and mental development.

On March 16th, 2015, the general office of the State Council issued the general plan for China football reform, marking the rise of campus football as a national strategy and the rapid development of campus football. At the end of 2017, 20000 school with special campus football has been arranged in China, and campus football has gradually been on the right track. Then, in order to fully implement the spirit of the 19th National Congress of the CPC, we should carefully summarize the work of the past three years, summarize the experience, identify the problems, make precise efforts, and do a solid job in the construction of the campus football field, the school football competition system and the development planning of the campus football.

3. Health benefits and risks in the development of campus football

Under the guiding ideology of "health first", school physical education is required to pay attention to the all-round development of students. The development of campus football greatly promotes the achievement of this goal. Football exercise can bring a lot of health benefits for people of different ages. FIFA medical assessment and Research Center (F-MARC) has recommended football as a health promotion sport^[3]. Existing studies have confirmed that proper regular football can improve cardiovascular function, reduce blood pressure, improve blood lipid, increase muscle mass and a series of beneficial effects. For children and adolescents, football exercise in schools can improve bone health, heart health (heart structure and function), physical function and learning ability. Under the background of vigorously advocating the development of "campus football", we should fully consider the health benefits brought to students by the development of football.

In school sports, football, as a competitive and antagonistic sport, has higher requirements on the body. It can bring benefits to health, but also has some potential risks. According to the research of foreign scholars, in the age group of 13-19, there are 2-7 cases of injury every 1000 hours of exercise^[4]. In contrast, the probability of young students is relatively low. However, it is worth noting that the incidence of severe fractures and other bone injuries is higher in young children and adolescents, and the degree of physical development also has an impact on the characteristics of injuries. Therefore, we need to pay more attention to the risks in the process of campus football.

4. Risk prevention and control in campus football

In recent years, in order to avoid the responsibility of sports injury accidents and cope with the college entrance examination, many schools, especially high schools, have cancelled many sports in physical education, such as long-distance running, single parallel bars, football and so on. As everyone knows, this will greatly reduce the students' physique and make them more prone to sports injury in sports^[5]. Now "campus football" has been widely promoted, we should fully explore the health benefits brought by football, at the same time, we should reasonably and effectively deal with the potential risks in football, and reasonably avoid them. If we don't pay much attention to sports injury and its potential risks, it may cause some social, economic and public health consequences.

Scientific and systematic injury prevention program can effectively reduce the potential sports injury risk of teenagers in football, such as FIFA 11+ injury prevention practice. It is because of the success of FIFA 11+ injury prevention practice that FIFA has vigorously promoted and disseminated in its member associations since 2009. In addition, systematic injury epidemiological investigation is the basis of developing injury prevention programs, but there is a lack of systematic epidemiological investigation in both professional league matches and campus football in China^[6].

On how to effectively avoid risks, teachers and students are also concerned. First of all, teachers should improve their teaching quality, emphasize teaching responsibility, and attach importance to the theoretical guidance of physical education, so as to achieve everything. When teachers prepare lessons

carefully, they should also consider the specific situation of students and organize teaching scientifically, reasonably and orderly. The choice of teaching content and the arrangement of exercise should be reasonable. Secondly, as students, they should pay attention to the requirements of classroom routines, truly experience and understand the importance of preparatory activities, and attach importance to them ideologically. Accumulate certain sports theory and practical knowledge, learn how to protect themselves. In class, students should not conceal their special constitution and specific illness, and report problems in time to avoid greater risks.

5. Summary

With the development of society, campus football has been from the original lack of attention to the national strategic level. All over the country are actively carrying out campus football activities, and have achieved certain results. But from the health point of view, the development of campus football is faced with some problems, such as the health benefits and risk prevention and control brought by campus football mentioned in the article. If the prevention of injury is not given enough attention, the children and teenagers in campus football will be exposed to some unnecessary injury risks. Therefore, all levels of government departments, football associations, coaches and relevant health practitioners and personnel involved in campus football should work together to help children and adolescents to achieve the maximum health benefits, and minimize the risk of injury.

References

- [1] General Office of the State Council. Notice of the general office of the State Council on the reform and development of Chinese football [EB/OL]. (2015-3-16) [2021-3-15]. http://www.gov.cn/zhengce/content/2015-03/16/content_9537.htm.
- [2] Xie Min. On the Present Situation of Campus Football in China[J]. *Journal of Harbin Institute of Physical Education*, 2018, 36(5): 56-60.
- [3] Xu Jincheng. Potential health benefits and risks of national campus football promotion[J]. *Chinese School Health*, 2017, 38(11): 1604-1605.
- [4] A FAUDE-O.ROSSLER-R.JUNGE. Football injuries in children and adolescent players:are there clues for prevention[J]. *Sports Med*, 2013, 43(9): 819-837.
- [5] Wang Sanfeng. On the strategy of reducing the injury rate in Physical Education[J]. *Teaching and management*, 2009, (33): 71-73.
- [6] Xu Jincheng, Gao Can, Huang Jing, et al.Football injury prevention: from FIFA 11 + to FIFA 11 + kids. *Chinese Journal of Sports Medicine*, 2017, 36(4): 367-371.