

# Research on Potential Safety Factors and Its Countermeasures in Football Teaching in Colleges

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**ABSTRACT.** *In the process of social development, universities in China are paying more and more attention to the development of students and are constantly reforming and innovating. Health is the capital of the revolution, so the school attaches great importance to improving students' physical fitness. In physical education in colleges, football is a relatively popular sport. It can not only improve physical fitness of students, but also cultivate team spirit of students. However, football has characteristics of high impact and strong confrontation. There are some potential safety hazards in the process of football teaching, which endangers students' physical health. Therefore, this paper mainly analyzes the potential safety factors in football teaching in colleges, and then proposes some countermeasures to effectively prevent physical harm.*

**KEYWORDS:** *Football teaching in colleges, Safety factors, Countermeasures*

## 1. Introduction

There is a football field in basically every college. It can be seen that football is a popular sport. Students can enhance their physical fitness and exercise flexibility by playing football. Football is a team sport, so it can cultivate the spirit of unity and cooperation among students, and form a good character. However, if students cannot protect themselves well, because of characteristics of football itself, they can easily cause physical harm. Therefore, teachers must emphasize the potential safety factors in football teaching and take effective measures to prevent physical harm.

## 2. Potential Safety Factors in Football Teaching in Colleges

### 2.1 Insufficient Professionalism of Teachers

Teachers' professionalism mainly refers to "teacher morals", which is also a principle that teachers must abide by during teaching. Teachers' professionalism has an invisible influence on students' learning. It affects students in the daily teaching process. In physical education, teachers play an important role in guiding students. The professional quality and professional ability of teachers directly affect the quality of football teaching. According to the survey, many physical education teachers hold the idea that it is unavoidable for students to injure, and they also think that the injuries of students do not have much connection with their own education. The existence of such ideas makes students have a great potential safety hazard in the process of playing football, which is also determined by professional quality of teachers <sup>[1]</sup>.

### 2.2 Students' Own Problems

Because of the response to relevant national policies, coupled with the rapid development of economy, many college students are now the only child, parents are more loving to their children, resulting in the formation of some bad habits of their children. They pay less attention to physical exercise, and their physical fitness is not strong. In addition, the psychology of college students is relatively mature compared with students in junior and senior high schools, but there are certain differences between them and the external social youth. They may have strong self-awareness, emotional ability and willpower, but they also have some one-sided and immature ideas. This stage is actually a transitional stage for students from school to society. Because of the pressure of study and employment in the future, they may choose a kind of project with strong technicality and antagonism in the process of playing sports, but they do not realize that sports may also pose a threat to their own safety. In

addition, they lack a certain sense of safety. Most of time when teachers ask them to do preparatory activities, they do it casually, resulting in muscle strain in the process of exercise. In particular, football is a strong antagonistic project, and it has high risk<sup>[2]</sup>.

### ***2.3 Impact of External Environmental Factors***

Because football requires a large field, most of the football fields in colleges and universities are located outdoors, so when football teaching is carried out, it will be affected by weather factors. For example, rain and snow will cause the bottom to be wet and slippery, which increases the risk of students' falling during running; there is a risk of heatstroke when students run and play football in the hot sun. It is an important factor affecting the safety of students. In addition to the factor of weather, some football fields are not designated and constructed according to the standards, and students can't use correct way for football training. The ground of football field used all the year round will have certain wear and tear, and the anti-skid is not strong, which will easily lead to safety accidents and affect the health of students.

## **3. Countermeasures to Prevent Hidden Danger of Football Teaching in Colleges**

### ***3.1 To Enhance Students' Consciousness of Self-Protection***

Football has great impact and strong resistance, so the most important thing is to understand students' physical condition to enhance their self-protection consciousness, so as to prevent students from being hurt in the process of playing football. Some students can't participate in violent activities due to their own physics, or students don't understand their physical condition, leading to accidents. First of all, teachers should require students to have regular physical examination, and report the examination to teachers truthfully, so that teachers can design scientific and reasonable sports methods for students. Moreover, schools should regularly organize symposiums to enable students to know what potential safety hazards may exist in playing football, how to avoid accidents, and how to reduce injuries when accidents occur. Finally, teachers should organize students to check the training ground before each training, and remove matters on the ground<sup>[3]</sup>.

### ***3.2 To Design Reasonable Teaching Content***

In the process of football teaching, PE teachers should pay attention not only to the explanation and training of football knowledge, but also to enhancing the interest of football teaching to attract students' attention. Correct actions can effectively prevent the occurrence of safety accidents. In order to provide students with better teaching conditions, teachers should constantly strengthen their professional level and professionalism. In the design of teaching content, teachers should focus on teaching students in accordance with their aptitude. Because each student's learning ability of football is different from the existing foundation. Teachers cannot teach all students in one way, and should group students according to the actual situation of students and set up training contents and objectives suitable for students, so that students can gain something in teaching. In addition, teachers should pay attention to the training of students' basic skills. A large part of reason for the occurrence of football accidents is that students are not proficient in basic skills, and their actions are not standardized in the process of playing football, which will affect both themselves and others<sup>[4]</sup>.

### ***3.3 To Strengthen Preparatory Activities***

Teachers should also pay attention to preparatory activities to strengthen the supervision of students. Preparatory activities can help students stretch, exercise muscles and bones, and effectively prevent the occurrence of stretching and cramping when playing football.

### ***3.4 To Make Fair and Reasonable Rules***

Teachers should make a fair and reasonable rule to prohibit students from unreasonable pushing and pulling in the process of training and competition. At the same time, teachers should pay attention to the situation of students, because some students will have a kind of revenge after they lose, and make some behaviors that hurt their opponents on the court. For such students, teachers should deal with them seriously and strengthen education to them<sup>[5]</sup>.

#### 4. Conclusion

To sum up, there are some hidden dangers in the process of football teaching in colleges and universities. These hidden dangers come from students, teachers, and external environment. In the process of teaching, teachers can eliminate these hidden dangers as much as possible by enhancing students' awareness of self-protection, setting up reasonable teaching content and making rules to create a safety and happy learning environment for students to make them grow up healthily.

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