

The Cause of Sports Injury in Colleges and Universities and Its Safety Protection Technology

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ABSTRACT. *Sports not only promote the health of the body, but also have the risk of sports injury or even sudden death. The occurrence of sports injuries on campus not only has a direct bearing on the physical and mental health of students, but also affects the smooth development of sports work on campus. The physical activities in Colleges and universities are to exercise the physical quality of students and guarantee their health. However, in the process of sports, there are often all kinds of sports injuries or injuries. Therefore, it is necessary to analyze the causes of sports injuries in Colleges and universities, so as to formulate effective preventive measures. This paper mainly discusses the causes of sports injuries in Colleges and universities and the ways of safety protection.*

KEYWORDS: *College sports, Causes of injury, Safety protection, Ways*

1. Introduction

In recent years, all kinds of schools at all levels have carried out a wide range of sports and health projects such as “Sunshine Sports” and “long run in winter”. In particular, the recent three-step series of activities carried out within the scope of primary and secondary schools nationwide, including “going off the network, going out of dormitories and going to the playground”, have various forms and colorful contents, and even set off an upsurge of students' participation in extracurricular sports. However, in campus sports, sports injuries such as falls, abrasions, and even fracture accidents occur from time to time. Sports injuries refer to all kinds of injuries in the process of sports, which are related to many factors. It can be seen that whether students can correctly, scientifically and safely carry out physical exercise is particularly important. Therefore, it is urgent to master the correct methods of sports safety protection, guide students to exercise scientifically, and strengthen the work and education of school sports safety protection [1]. Through the investigation of the sports injuries of the students in our school, this paper discusses the main causes of the sports injuries in the campus sports, and makes relevant analysis, puts forward the feasible safety protection countermeasures, aiming at promoting the smooth development of the campus sports and enhancing the students' physique.

2. An Analysis of the Causes of Sports Injuries in Colleges and Universities

2.1 Insufficient Preparation Activities

When many college students participate in sports, they are just on the rise, and they do not have enough preparation activities, nor do warm-up exercises in advance. In daily life, they have little time and activity, so they are easy to get hurt if they are unprepared to participate in sports. Some students don't pay much attention to the preparatory activities. When they participate in the preparatory activities, they often fail to wake up due to the lack of preparatory activities, resulting in ligament or muscle injuries.

2.2 Poor Protection Awareness of Injury

In the process of sports, many students have poor self-protection consciousness. In particular, vigorous sports such as running, basketball or football consume a lot of physical strength and require high physical quality. These violent exercises are prone to muscle strain, and some students do not have enough awareness of protection in sports injury. Therefore, in the subconscious, it can not immediately make protective action, causing serious damage.

2.3 Poor Physical Fitness

Because the body of college students is in the growth stage, their physical fitness is poor and their sports state is poor. And some students lack exercise in life. When participating in sports activities, some students will be injured, and some students will fall ill or even faint directly after the activity. In this way, neither the physical quality of the students nor the basic sports skills of the students are trained.

2.4 Unskilled in Technical Actions

In sports, the movements and postures used need a certain physical quality to complete. If the technique is not in place, the movement is not skilled or the wrong movement, it will cause muscle strain and ligament damage. Especially for the more difficult movements, once they violate the basic behavior of the body and the mechanical principle of movement, they will only cause damage.

2.5 Lack of Site Equipment or Poor Quality

At present, the number of enrollment in Colleges and universities is increasing, which leads to the serious shortage of activity places and equipment. In this way, simple activities with potential safety hazards have to be opened. In the process of carrying out sports activities, students are injured due to many reasons such as uneven ground and poor quality of equipment [2].

3. The Safety Protection Way of Sports Injury in Colleges and Universities

3.1 Take Diversified Preventive Measures with Prevention as the Main Measure

First of all, improve the safety awareness of students, increase publicity, carry out safety education regularly, and explain some basic health knowledge. Secondly, through a variety of ways, to carry out a number of education for students, so as to improve the consciousness and safety awareness of students. Use different sports injury cases, expand publicity, strengthen the protection awareness of students, and take preventive measures. In addition, in the process of activities, we should give full play to individual moral spirit, help each other and love each other. At the same time, safety education lectures are offered to demonstrate the basic actions of protection and some common health care methods to the whole school students, so that every student can master the basic emergency measures, so as to reduce the probability of students' injury[3].

3.2 Improve the Physical Quality of Students

In order to strengthen students' body quality, we must strengthen their body training. Especially for the sports that are easy to be damaged, we must practice frequently to improve the strength and flexibility of the body. At the same time, we can carry out special training activities to improve the students' ability to cope with the strain. In case of damage, protection work can be done immediately. For some students who prefer to challenge, we must guide them to train in their daily life, improve their physical quality, strengthen their speed and coordination in an all-round way, so as to improve their sports function and reduce the injury in sports activities [4].

3.3 Guide Students to Do Well in Preparation

It's very important to guide the students to do the preparatory activities in advance. It is necessary for students to master the basic methods of preparing activities before exercise and form good exercise habits. In this way, we can strengthen the elasticity between muscles, so as to enhance the flexibility of various organs of the body. In this way, it not only improves the speed, ability, flexibility and strength of students, but also prevents the situation of sports strain. Therefore, in preparation activities, we must determine the sports items according to the bearing capacity, physical quality and actual situation of students, so as to avoid excessive physical consumption and sports injury. In addition, preparation activities need to be determined according to different project needs. For the sports with intense and difficult sports, special preparatory activities must be carried out to avoid the injury caused by the intensity of sports in the process of sports [5].

3.4 Training Students' Self-Protection Consciousness and Ability

One of the main methods to prevent sports injury is to improve students' consciousness of protection and self-protection. In daily teaching activities, teachers should cultivate students' self-protection awareness and ability, and tell students the correct way of self-protection. For example, in gymnastics, it's easy to get a strain. Therefore, the teacher must tell some basic protective actions to avoid injury [6].

3.5 Correct Students' Wrong Posture

In sports, teachers should correct students' wrong actions in time to avoid damage. Therefore, in the daily sports teaching activities, teachers must pay attention to the quality of class, slowly tell the essentials of action, carefully guide students to correct movement posture, so as to avoid injury in the process of movement. At the same time, teachers need to analyze the causes of injury caused by incorrect actions and wrong actions, and develop solutions to these causes, so as to reduce the incidence of injury accidents[7].

3.6 Pay Attention to the Quality of Site Equipment

Many colleges and universities sports venues and equipment in the inspection, for some damaged or do not meet the safety requirements of equipment and equipment did not repair and replace in time, resulting in the following teaching process, students due to equipment failure caused by physical injury. Therefore, before sports activities, we must carefully check the sports venues, equipment and personal appliances. For example, the hygiene of the site, the quality of equipment, the size of clothing, the size of shoes, etc [8].

4. Conclusion

Security is throughout the movement, different forms of movement have different requirements. The prevention of sports injury is more important than the treatment. As long as we have enough cognition and attention to the harm of sports injury, we can reduce or avoid the occurrence of sports injury to the greatest extent if we sum up the experience and do a good job in prevention. It is required to make preparations before exercise; abide by the rules during exercise, do as you can, and master certain first-aid treatment skills for sports injury to avoid the occurrence of sports injury. Appropriate prevention and treatment methods should be taken according to different injuries. In case of injury, stop exercise immediately, observe the condition of injury, deal with it simply and tell the teacher or see a doctor as soon as possible. Therefore, it is of great significance for college students to learn and master certain common sense of sports safety, to master certain knowledge and skills of safety precautions, and to form good habits of safe sports to prevent sports injuries.

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