

ISSN 1008-7761  
CN 34-1153/N

4

2021 年

*Journal of Anhui Sports Science*

安徽省优秀科技期刊



QK2135001

# 安徽体育科技

ANHUI SPORTS SCIENCE

安徽省体育局 主管  
安徽省体育运动职业技术学院  
安徽省体育科学学会 **主办**

万方数据



目次

主 编:梁绿林

副主编:席玉宝 宋 旭

潘家武 宋雅君

李致富

编 委:邓 玉 张 勇

刘 超 李 涛

徐连军 文才新

章 翔 林宏牛

编辑部主任:刘良政

编辑部执行主任:翟红哲

编 辑:刘晓龙 李云卿

英文审校:唐金晶

· 体育社会学 ·

少数民族地区多元体育文化协同发展的目标理念研究 ... 张强 周家金 唐远金(1)  
 政策和资金投入能否扭转地理位置的劣势  
 ——基于百度指数对我国居民冰雪运动

网络关注度的研究 ..... 史鹏 周海洋 滕育松(5)

竞技体育国际竞争力的中国话语权研究 ..... 康桥水 王新宝(13)

· 运动训练学 ·

世界优秀女子铅球运动员分布特征研究 ..... 颜茹玉(18)

广东省第15届运动会垒球比赛技术统计与分析 ..... 李宝怡(22)

视频助理裁判(VAR)技术分析对策研究

——以2018赛季中国足球超级联赛为例 ..... 贾志亮 刘轩 邹小驹(26)

我国冬泳运动员时空分布特征分析 ..... 韩风歌(32)

日本女乒伊藤美诚单打发球抢攻中技术特点与效果分析

——以2019年对阵中国女乒为例 ..... 黄明哲(36)

2020-2021赛季WCBA总决赛内蒙古女篮

首夺总冠军因素分析 ..... 吴可民 卢亮球(41)

基于因子分析法的WCBA联赛评价应用 ..... 白福兴(44)

2019年全国青少年游泳U系列比赛成绩分析 ..... 刘志成(49)

· 运动人体学 ·

武陵山区青少年体力活动特征及其

影响因素的logistic分析 ..... 詹才章 谌晓安 陈景等(54)

睡眠不足对人体进行无氧运动前后

心率变异性的影响 ..... 纽晓丹 张越 马强等(59)

· 全民健身 ·

河南省濮阳市老年人体育锻炼情况的调查研究 ..... 吕茹茹(63)

合肥市气排球运动开展现状与发展对策研究 ..... 王文华(67)

· 学校体育 ·

高校大学生意外急救知识、技能掌握现状调查与分析

——以华中师范大学为例 ..... 王康(70)

对体育课堂教学中体能练习“热”的“冷”思考

——基于身体运动功能训练理念 ..... 成聪聪(74)

湖南省高校体育教育专业片段教学现状研究

——以湖南省第5届师范生教学技能竞赛为例 ..... 戴亚男(80)

临汾市中小学开展冰雪运动SWOT分析 ..... 张潇(84)

湖南省大学生身体素质现状及优化路径研究 ..... 张剑峰 张国清(88)

铜陵市区中小学引进软式排球运动的可行性研究 ..... 刘芳(93)

· 其它 ·

敬告 ..... (95)

## CONTENTS

### • Science of Social Sports •

- Research on the Goal and Concept of Multi Sports Culture Coordinated Development  
in Minority Areas ..... Zhang Qiang Zhou Jiajin Tang Yuanjin(1)
- Can Policy and Capital Investment Reverse the Disadvantage of Geographical Location  
——Based on the Research of Baidu Index's Attention to Chinese Residents' Ice and Snow Sports Network  
..... Shi Peng Zhou Haiyang Teng Yusong(5)
- Research on China's Discourse Power of Competitive Sports International Competitiveness ... Kang Qiaoshui Wang Xinbao(13)

### • Athletic Training •

- Research on the Distribution Characteristics of World Elite Female Shot Putters ..... Yan Ruyu(18)
- Statistics and Analysis of Softball Skills in the 15th Guangdong Games ..... Li Baoyi(22)
- Technical Analysis and Countermeasures of Video Assistant Referee (VaR)  
——Take the 2018 Chinese Football Super League as an Example ..... Jia Zhiliang Liu Xuan Zou Xiaojun(26)
- Analysis on the Temporal and Spatial Distribution Characteristics of Chinese Winter Swimmers ..... Han Fengge(32)
- Technical Characteristics and Effect Analysis of Service and Attack in Japanese Women Table Tennis Player ITO Meicheng Singles  
——Take the Women's Table Tennis Match of China in 2019 as an Example ..... Huang Mingzhe(36)
- Factor Analysis of Inner Mongolia Women's Basketball Team Winning the First Championship  
in WCBA finals in 2020-2021 Season ..... Wu Kemin Lu Liangqiu(41)
- Application of WCBA League Evaluation Based on Factor Analysis ..... Bai Fuxing(44)
- Analysis of the Results of the U Series Swimming Competition of the National Youth in 2019 ..... Liu Zhicheng(49)

### • Sport Somatic Science •

- Logistic Analysis of Physical Activity Characteristics and Influencing Factors of Adolescents  
in Wuling Mountain Area ..... Zhan Ceizhang Chen Xiaolan Chen Jing, etc. (54)
- Effect of Sleep Deprivation on Heart Rate Variability  
Before and After Anaerobic Exercise ..... Niu Xiaodan Zhang Yue Ma Qiang, etc. (59)

### • National Fitness •

- Investigation and Research on Physical Exercise of the Elderly in Puyang City of Henan Province ..... Lv Ruru(63)
- Research on the Current Situation and Development Countermeasures of Air Volleyball in Hefei ..... Wang Wenhua(67)

### • School Physical Education •

- Investigation and Analysis on the Status Quo of Emergency Knowledge and Skills of College Students  
——Taking Central China Normal University as an Example ..... Wang Kang(70)
- Thinking about the "hot" and "cold" of Physical Exercise in Physical Education Classroom Teaching  
——Based on the Concept of Physical Exercise Function Training ..... Cheng Congcong(74)
- Research on the Current Situation of Segment Teaching of Physical Education Major in Colleges and Universities of Hunan Province  
——Taking the Fifth Normal Students' Teaching Skills Competition in Hunan Province as an Example ..... Dai Yanan(80)
- SWOT Analysis of Ice and Snow Sports in Primary and Secondary Schools of Linfen City ..... Zhang Xiao(84)
- Research on the Current Situation and Optimization Path of College Students' physical literacy  
in Hunan Province ..... Zhang Jianfeng Zhang Guoqing(88)
- Feasibility Study on Introducing Soft Volleyball into Primary and Secondary Schools in Tongling City ..... Liu Fang(93)

安徽省优秀科技期刊三等奖

《中国期刊网》、《中国学术期刊(光盘版)》全文收录期刊

《中国期刊全文数据库(CJFD)》全文收录期刊

《中国学术期刊综合评价数据库》来源期刊

《万方数据数字化期刊群》入网期刊

安徽体育科技

(1980年创刊, 双月刊)

2021年第4(总第206)期

2021年8月30日出版

Journal Of Anhui Sports Science

(It Started Publication in 1980. Bimonthly)

No.4of 2021(No.206 of total)is published

On Aug.30th,2021

主管: 安徽省体育局

主办: 安徽体育运动职业技术学院  
安徽省体育科学学会

地址: 合肥市包河区花园大道1号

邮编: 230051

编辑出版: 《安徽体育科技》编辑部

印刷: 安徽徽商印务有限公司

订阅处: 《安徽体育科技》编辑部

电话: 0551-63686559

传真: 0551-63686559

投稿邮箱: ZhangFei882000@163.com

Charged by Physical Culture Bureau of Anhui Province

Sponsored by Anhui Professional & Technical Institute of Athletics  
Science Institute of Anhui Sports

No.1 Hua Yuan Road Baohe District, Hefei City

Edited&Published by Editorial Department of Journal of Anhui Sports Science

Anhui Huishang Printing Corporation Ltd

Subscription from Editorial Department of Journal of Anhui Sports Science

Tel:(0551)63686559

Fax:(0551)63686559

E-mail:ZhangFei882000@163.com

ISSN 1008-7761



国内统一刊号 CN 34-1153/N

ISSN 1008-7761

National Publication Number:

CN34-1153/N

ISSN1008-7761

单 价: 15.00元

全年定价: 90.00元

Unit Price: 15.00(Yuan)

Annual Price: 90.00(Yuan)