

RCCSE中文学术期刊（武大）
《中国学术期刊网络出版总库》全文收录期刊（CNKI知网）
《中国核心期刊（遴选）数据库》全文收录期刊（万方）
《国家哲学社会科学学术期刊数据库》全文收录期刊（NSSD）
《中文科技期刊数据库》全文收录期刊（维普）

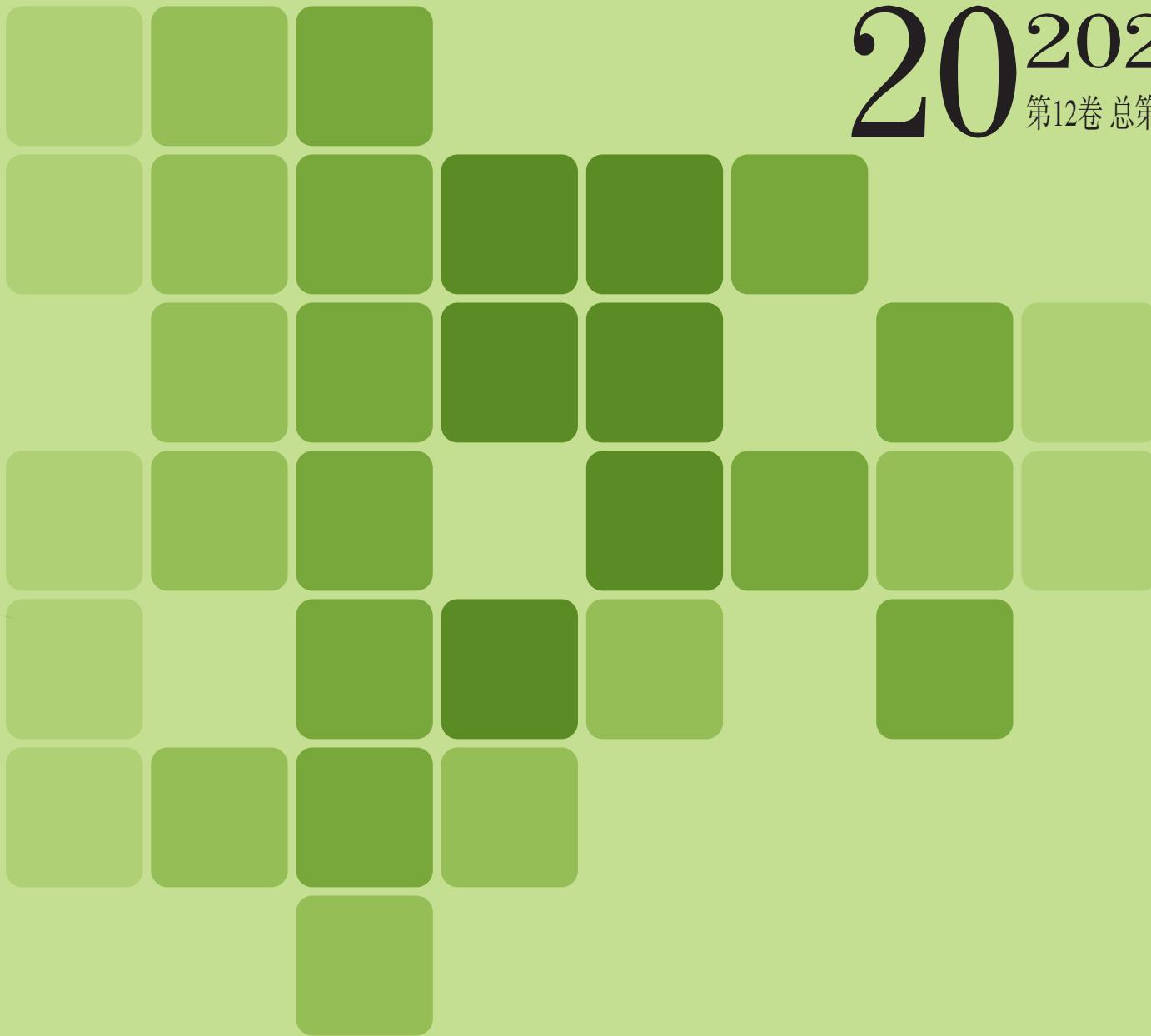
ISSN 2095-2813
CN 23-1579/G8



当代体育科技

Contemporary Sports Technology

2022
第12卷 总第386期



ISSN 2095-2813



20>

9 772095 281220 中国大陆地区定价：70 (RMB)



主管单位：中共黑龙江省委宣传部
主办单位：黑龙江文化产业投资控股集团有限公司
官方网站：www.ddtykj.com
投稿邮箱：ddtykj@126.com

目 次

运动训练学

举重运动员体能素质提升训练分析	陈桂明(1)
高校篮球体能训练的现状调查研究	董悦 董梦馨(5)
青少年足球基本功训练的研究	李杰(9)
公安院校学生警务实战训练运动损伤预防研究	罗元方 钟成娣(13)
网球发球技术表现评价体系的构建	段振华(17)
广东省青少年足球运动员专项体能指标体系研究	龚斌 向前 高佳(20)
双板滑雪初学者常见错误动作成因及对策研究	刘希泰 程蒙(23)
青少年运动员背越式跳高起跳阶段技术分析	李秋潭 隋福田 孟力娜(27)
基于项目本质特征认识足球体能	张钦枝(31)

学校体育学

高校开展徒手健身课程的可行性研究	李再盛(36)
素质拓展训练在中职体育教学中的应用研究	黄甫献(41)
高职体育教学的方向及改进策略分析	姚依伯(44)
一体化改革下高校篮球教学过程的理论和结构优化研究	陈忠锋 范建伟(47)
中外高校特殊体育教育比较及启示	孙印伟 曾玉山(50)
学科融合视域下提高体育专业理论课教学效果的路径研究	关玲香(54)
精准备课对体育教师专业成长的作用	相银芝 王绪来(57)
“育人为本”背景下对高校体育分层次教学模式研究	李丽丹 范晓明 刘蕾(60)
基于学生体质健康背景下的校园足球特色学校建设的研究	刁在余(63)
南阳理工学院学生体育社团特色发展策略研究	隋晓航(66)
翻转课堂在体育市场营销课程教学中的创新应用研究	林俐 宋懿芪 龙欢(70)
学校体育课程“运动处方教学模式”的构建探究	唐洁如 牟善文(74)
高中生体育课学习兴趣影响因素探究	张玉 牟善文(77)

社会体育学

吉林省城镇非体力劳动者身体成分现状的研究	廖立宏 郭宏宇 郭舜 李聪(80)
宁波市少体校办学现状的研究与分析	宋钰琳 乔荣彤(84)
当代体育科技(Contemporary Sports Technology)	

体育赛事电视转播权市场开发的问题及对策	李政 于鹤(87)
抗疫、防洪、减灾视角下家庭亲子安全教育类体育场馆运营研究	李莉 宁科(90)
民族传统体育市场营销新理念	李健威(94)
后疫情时代江苏省体育特色小镇发展困境及策略研究	张静(98)
我国冰雪运动“十三五”周期回顾及“十四五”规划形势研判	戴政雄(101)
新兴体育运动发展潜力与策略的研究	闫家军 袁野(106)

体育文化专题

“文化自信”视域下中华武术文化“走出去”的路径思考	胡勃 王祺灏 黎桂华(109)
传统文化视阈下我国社会体育的特征及文化自信	赵小文(114)
体育非物质文化遗产与高校体育协同发展现状及策略探析	王军力(118)
承办大型体育赛事对城市体育文化发展影响研究	李赟靖 李艳茹(122)
先秦时期诸子体育思想研究	马佳龙 张金峰(126)

体育与思政教育专题

大思政视域下体育课程满意度提升对策研究	姚忆珺 赵云英(130)
民办高校公共体育课程与课程思政融合发展探究	张永平(133)
医学类院校体育教学与课程思政融合的探索	张晓英 杨润琴 杨英(137)
立德树人视域下中学体育课堂篮球教学设计与评价	周航之(140)
校园足球的思政价值及其实现路径研究	王力伟(144)

学术综述

大学生体育学科核心素养研究难题	尹训强 宁小玲(147)
技能主导类表现难美性项群对中国大学生心理健康影响的Meta分析	袁卫华 汪毅(152)
“互联网+”背景下高校体育课程混合式教学研究综述	王涵涵 王政委(155)
我国体育人类学研究现状、热点和趋势	潘嘉峪(161)
基于健康中国背景下老年人健康教育研究热点可视化分析	陈卓 王梓城(165)

探索与争鸣

构建省级兴奋剂风险防控体系的研究	徐起麟 高晓 齐华 李佳轩(170)
民办高校大学生自主锻炼现状与发展对策研究	党杨(174)
高校工会文体活动中开展匹克球运动的可行性分析	蔡桂文 韩天瑶(177)

“双减”政策下学校体育的价值、困境与展望	王宇 朱卫东(181)
体育核心素养培育与体育社团的融合分析	朱玉刚(186)
物联网软件在高校体育教学中的应用研究	岳建光(189)
体育社团培养学生核心素养的方法分析	陈旭(192)
大学生体育消费现状调查和升级趋势的研究	宋杰(195)

本刊声明

1. 凡经本刊录用并发表的作品,即视为署名作者将作品的复制、发行、汇编、信息网络传播等权利授予本刊,本刊有权将上述权利许可第三方使用。
2. 本刊已许可中国知网、万方、维普、龙源、超星等以数字化方式复制、发行、汇编、通过信息网络向公众传播本刊全文。本刊向作者支付的稿酬包含了上述各项权利的报酬,已与本刊收取的部分融合出版费用相抵扣。所有署名作者向本刊提交作品发表之行为视为同意上述声明。如有异议,请在投稿时说明,本刊将做相应处理。
3. 本刊未与任何机构、组织和个人签署论文发表代理协议,也从未授权任何组织、机构和个人从事相关业务。对发布相关虚假信息的机构、组织和个人,本刊保留追究其法律责任的权利。

期刊基本参数:CN 23-1579/G8*2011*T*A4*198*ZH*P*¥70.00*1000*53*2022-20

Contents

Sports Training Science

Analysis on the Training of Improving the Physical Quality of Weightlifters	CHEN Guiming(1)
Investigation and Research on the Current Situation of Basketball Physical Training in Colleges and Universities	DONG Yue, DONG Mengxin(5)
Research on Teenagers' Basic Football Skills Training	LI Jie(9)
Analysis on the Prevention of Sports Injury in Police Combat Training by Police Academy Students	LUO Yuanfang, ZHONG Chengdi(13)
Construction of Tennis Service Technical Performance Evaluation System	DUAN Zhenhua(17)
Research on the Special Physical Fitness Index System of Guangdong Youth Football Players	GONG Bin, XIANG Qian, GAO Jia(20)
Research on the Causes and Countermeasures of Common Wrong Movements of Double-Board Skiing Beginners	LIU Xitai, CHENG Meng(23)
Technical Analysis of Young Athletes in Take-off Stage of Fosbury Flop	LI Qiutan, SUI Futian, MENG Lina(27)
Understanding Football Physical Fitness Based on Essential Characteristics of Event	ZHANG Qinzh(31)

School Physical Education

Feasibility of Freehand Fitness Courses in Colleges and Universities	LI Zaisheng(36)
Applicationof Quality Development Training in Physical Education Teaching in Secondary Vocational Schools	HUANG Fuxian(41)
Analysis on the Direction and Improvement Strategy of PE Teaching in Higher Vocational Colleges	YAO Yibo(44)
Research on the Theory and Structure Optimization of College Basketball Teaching Process under the Integrated Reform	CHEN Zhongfeng, FAN Jianwei(47)
Comparison and Enlightenment of Chinese and Foreign Special Physical Education in Universities	SUN Yinwei, ZENG Yushan(50)
Research on the Way to Improve the Teaching Effect of Theoretical Courses in Physical Education from the Perspective of Subject Integration.....	GUAN Lingxiang(54)
Effect of Accurate Lesson Preparation on PE Teachers' Professional Development	XIANG Yinzhi, WANG Xulai(57)
Research on the Hierarchical Teaching Model of Physical Education in Colleges and Universities under the Background of "Education Oriented"	LI Lidan Fan Xiaoming Liu Lei(60)
Research on the Construction of Campus Football Characteristic School Based on Students' Physical Health	DIAO Zaiyu(63)
Research on the Characteristic Development Strategy of Student Sports Associations in Nanyang Institute of Technology	SUI Xiaohang(66)

Research on the Innovative Application of Flipped Classroom in the Teaching of Sports Marketing Courses	LIN Li, SONG Yiqi, LONG Huan(70)
Research on the Construction of "Sports Prescription Teaching Mode" in School Physical Education Curriculum	TANG Jieru, MOU Shanwen(74)
Research on the Influencing Factors of Senior High School Students' Interest in Physical Education	ZHANG Yu, MOU Shanwen(77)

Social Sports

Research on the Current Situation of Physical Composition of Urban Non–Manual Workers in Jilin Province	LIAO Lihong, GUO Hongyu, GUO Shun, LI Cong(80)
Study on the Current Situation and Influencing Factors of Running Juvenile Sports Schools in Ningbo	SONG Yulin, QIAO Rongtong(84)
Problems and Countermeasures of TV Broadcasting Right Market Development of Sports Events	LI Zheng, YU He(87)
Research on the Operation of Family Parent–Child Safety Education Stadiums from the Perspective of Anti–Epidemic Prevention, Flood Control and Disaster Reduction	LI Li, NING Ke(90)
New Marketing Concept of National Traditional Sports	LI Jianwei(94)
Research on the Development Dilemma and Strategy of Sports Characteristic Towns in Jiangsu Province in the Post Epidemic Era	ZHANG Jing(98)
Review of "The 13th Five–Year" Cycle of Snow and Ice Sports in China and Analysis of "The 14th Five–Year" Planning Situation	DAI Zhengxiong(101)
Research on the Development Potential and Strategy of Emerging Sports	YAN Jiajun, YUAN Ye(106)

Sports Culture

Reflections on the Path of "Going Global" for Chinese Wushu Culture under the Perspective of "Cultural Confidence" ...	HU Bo, WANG Qihao, LI Guihua(109)
Characteristics and Cultural Confidence of Social Sports in China from the Perspective of Traditional Culture	ZHAO Xiaowen(114)
Current Situation and Strategy of the Coordinated Development of Sports Intangible Cultural Heritage and College Sports.....	WANG Junli(118)
Study on the Influence of Undertaking Large–Scale Sports Events on the Development of Urban Sports Culture	LI Yunjing, LI Yanru(122)
Research on the Sports Thought of Various Scholars in the Pre Qin Period.....	MA Jialong, ZHANG Jinfeng(126)

Sports and Ideological– Political Education

Research on the Countermeasures to Improve the Satisfaction of Physical Education Curriculum from the Perspective	
---	--

of Great Ideological and Political Education	YAO Yijun, ZHAO Yunying(130)
Research on the Integration Development of Public PE Curriculum and Ideological and Political Education in Private Colleges and Universities	ZHANG Yongping(133)
Exploration on the Integration of Physical Education and Curriculum Ideological and Political Education in Medical Colleges	ZHANG Xiaoying, YANG Runqin, YANG Ying(137)
Design and Evaluation of Basketball Teaching in Middle School PE Class under the perspective of Lide Shuren	ZHOU Hangzhi(140)
Research on the Ideological and Political Value of Campus Football and Its Realization Path	WANG Liwei(144)

Academic Review

Research on College Students' Sports Core Literacy	YIN Xunqiang, NING Xiaoling(147)
Meta-Analysis of the Effects of Skill Oriented Difficulty and Beauty Expression Event Group on the Mental Health of Chinese College Students	YUAN Weihua, WANG Yi(152)
Summary of Research on Hybrid Teaching of College PE Curriculum under the "Internet+" Background	WANG Hanhan, WANG Zhengwei(155)
Current Situation, Hot Spots and Trends of Sports Anthropology Research in China	PAN Jiayu(161)
Visual Analysis of the Hot Spots of Health Education for the Elderly under the Background of Healthy China	CHEN Zhuo, WANG Zicheng(165)

Exploration and Free Views

Research on Establishing Provincial Doping Risk Prevention and Control System	XU Qilin, GAO Xiao, QI Hua, LI Jiaxuan(170)
Research on the Current Situation and Development Countermeasures of College Students' Independent Exercise in Private Colleges and Universities	DANG Yang(174)
Feasibility Analysis of Carrying Out Pick Ball in the Recreational and Sports Activities of University Trade Unions	CAI Guiwen, HAN Tianyao(177)
Value, Dilemma and Prospect of School Physical Education under the "Double Reduction" Policy	WANG Yu, ZHU Weidong(181)
Analysis on the Integration of Sports Core Accomplishment Cultivation and Sports Associations	ZHU Yugang(186)
Research on the Application of Internet of Things Software in Physical Education Teaching in Colleges and Universities	YUE Jianguang(189)
Analysis on the Methods of Cultivating Students' Core Literacy in Sports Associations	CHEN Xu(192)
Investigation on the Current Situation and Upgrading Trend of College Students' Sports Consumption	SONG Jie(195)

Basic Parameters of Journal:CN 23-1579/G8*2011*t*A4*198*ZH*P* ¥ 70. 00*1000*53*2022-20