

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

28 2022  
第12卷 总第394期

ISSN 2095-2813



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](http://www.ddtykj.com)  
投稿邮箱: [ddtykj@126.com](mailto:ddtykj@126.com)

---

# 目次

## 专家论坛

- 家校合作视角下我国青少年身体活动促进路径研究 ..... 程华平(1)
- 辽宁省高校体育教育专业体操课“三维互动”教学模式的应用及推广路径 ..... 刘光宏(5)
- 学习共同体教学模式在体育教学中的构建路径研究 ..... 王建民(9)
- 互联网背景下应用型本科院校体育课“1+1”混合教学模式研究 ..... 任海军(13)

## 运动人体科学

- 关于游泳对改善体成分及康复治疗作用的探讨 ..... 徐文轩(17)
- 我国优秀女子撑竿跳高运动员助跑起跳技术的运动学分析 ..... 李楚冰 张超(21)
- 篮球运动员的疲劳消除与运动营养方案构建研究 ..... 曲绍斌(28)
- 优秀皮艇运动员腰椎X线影像及测量分析 ..... 宁方堂 张鹏波 边培增 韩海涛(32)
- 陕西省艺术体操运动员备战“十四运”中运动性抽搐问题分析 ..... 王琳 屈桃 段小敏(36)
- HIIT和MICT游泳运动对肥胖男大学生减脂效果的影响 ..... 杨蕊竹 郑密 李莹 刘妍妍 及盈(40)
- 大学生短跑运动员运动损伤与预防研究 ..... 张锦超 华立君 张锦驰(44)

## 运动训练学

- SAQ训练对于排球专项移动能力的应用研究 ..... 纪桂展 曹大伟(48)
- 高校健美操训练中的难度动作训练研究 ..... 刘莉 史健(52)
- 世界优秀男子举重运动员竞技年龄特征的研究 ..... 孙韧 马逢伯(56)

## 学校体育学

- 潍坊学院排球专项学生训练情况调查分析 ..... 王硕 袁芳 王亚萍 刘明倩 韦静依(60)
- 后疫情时代大学体育课程开展思考 ..... 王松丛(64)
- 临沂市小学体育社团发展现状与分析 ..... 王国庆(68)
- 普通高校高尔夫课程创新研究 ..... 徐鹏远 杨建哲(72)
- 高校公共体育篮球教学中翻转课堂模式应用分析研究 ..... 孙锋 孙晓寒(76)
- 普通高校羽毛球选项课课内外一体化教学模式构建与实践研究 ..... 孙灵(79)
- 分层式教学法对中职学生中长跑能力提高的实践研究 ..... 李石鹏(82)

增强现实技术下中职《体育与健康》教材内容呈现研究 .....	黄海滨(86)
摔跤选修课在普通高校开展的现状及策略研究 .....	夏婧 朱金棒 吴传政(90)
初中篮球教学运用“TGFU教学法”对学生学习效果影响的实验研究 .....	夏亚东 朱兵 王萍(94)
“双减”政策下中小学体育课堂与课外高效衔接的方法探讨 .....	王欢 毛淑环 李趁霞(99)
新时代学校体育美育融合的现实需求与推进策略 .....	谢仕莲 关焱 夏亦昕(103)

## 社会体育学

“十四五”时期肇庆旅游+休闲体育新业态的构建与实践对策探究 .....	闫旋飞 高珊珊(108)
后疫情时代居民体育消费发展趋势与路径选择 .....	蒋铭为(114)
“双减”政策下青少年体育培训业发展现状及对策研究 .....	程思涵(119)
雅安市“康体旅”产业融合发展现状及对策研究 .....	张璐璐 袁晓辉(123)
困境与破局:全民健身战略实施背景下我国社会体育组织改革治理研究 .....	李毅 吴红雪 尚婉婷(129)

## 民族传统体育

“舞龙”一流本科体育课程建设研究 .....	王锐 葛国政(133)
民族健身操在高校的创新推广研究 .....	翁润洁(137)
多元文化背景下当代少数民族传统体育发展的社会学研究 .....	吴伟(141)

## 体教融合专题

体教融合实践下的小学体育课程改革与实施路径 .....	白建伟 刘婷 刘嘉津(145)
体教融合视野下小学体育教师专业化发展的策略分析 .....	童佳云(150)
体教融合视域下青少年体质健康发展的困境与对策 .....	于浩然 母庆磊(154)
体教融合推进青少年健康发展策略 .....	王云艺 吴晓曦 黄家琳 王安洪(158)

## 探索与争鸣

体育训练中形体训练的方法探讨 .....	万月红(162)
高职学生体质健康水平下降影响因素及解决对策的探析 .....	张锐 姚强(166)
课堂革命视阈下高校游泳课程教学改革研究 .....	贺成静 杨蕊竹 郑密 何志海 刘泉(170)
电子护具对竞技跆拳道比赛技战术运用影响 .....	李海丽(174)
知行行模式下青少年健康生活方式的研究 .....	朱金宁(181)

---

2022年女足亚洲杯正赛阶段进球特征分析..... 张冰(185)

健康中国引领下高职院校开展晨跑运动模式探讨 ..... 杨冬梅 蔡德亮 何佳(192)

## 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\*45\*2022-28

---

# Contents

## Expert Forum

- Research on the Promotion Path of Teenagers' Physical Activities in China from the Perspective of Home-School Cooperation ..... CHENG Huaping(1)
- Application and Promotion Path of "Three-Dimensional Interaction" Teaching Mode of Gymnastics Course of Physical Education Major in Colleges and Universities in Liaoning Province ..... LIU Guanghong(5)
- Research on the Construction Path of Learning Community Teaching Mode in Physical Education Teaching ..... WANG Jianmin(9)
- Research on "1+1" Mixed Teaching Mode of PE Class in Applied Undergraduate Colleges under the Background of Internet ..... REN Haijun(13)

## Sports Somatic Science

- Discussion on the Function of Swimming in Improving Body Composition and Rehabilitation Therapy ..... XU Wenxuan(17)
- Kinematics Analysis of Approach and Take-off Technique of Chinese Elite Women Pole Vaulters ..... LI Chubing, ZHANG Chao(21)
- Study on the Elimination of Fatigue and the Construction of Sports Nutrition Program of Basketball Players ..... QU Shaobin(28)
- X-Ray Imaging and Measurement Study of Lumbar Vertebra of Elite Kayak Athletes ..... NING Fangtang, ZHANG Pengbo, BIAN Beizeng, HAN Haitao(32)
- Analysis on the Problem of Motor Tics in the Preparation of Rhythmic Gymnasts in Shaanxi Province for the 14th National Games ..... WANG Lin, QU Tao, DUAN XiaoMin(36)
- Effect of HIIT and MICT Swimming Exercises on Fat Reduction of Obese Male College Students ..... YANG Ruizhu, ZHENG Mi, LI Ying, LIU Yanyan, JI Ying(40)
- Research on Sports Injury and Prevention of College Sprinters ..... ZHANG Jinchao, HUA Lijun, ZHANG Jinchi(44)

## Sports Training Science

- Research on the Application of SAQ Training to Volleyball Special Mobility ..... JI Guizhan, CAO Dawei(48)
- Research on Difficult Movement Training in Aerobics Training in Colleges and Universities ..... LIU Li, SHI Jian(52)
- Research on the Competitive Age Characteristics of World Elite Male Weightlifters ..... SUN Ren, MA Fengbo(56)

---

## School Physical Education

- Investigation and Analysis on the Training of Volleyball Students in Weifang University .....  
..... WANG Shuo, YUAN Fang, WANG Yaping, LIU Mingqian, WEI Jingyi(60)
- Thoughts on the Development of College Physical Education Courses in the Post-Epidemic Era .....  
..... WANG Songcong(64)
- Status Quo and Analysis of the Development of Primary School Sports Associations in Linyi City ... WANG Guoqing(68)
- Research on Golf Curriculum Innovation in Colleges and Universities ..... XU Pengyuan, YANG Jianzhe(72)
- Analysis and Research on the Application of Flipped Classroom Model in Basketball Teaching of College Public Sports  
..... SUN Feng, Sun Xiaohan(76)
- Research on the Construction of Integration of Inside and Outside Class Teaching Mode of Badminton Optional  
Course in Colleges and Universities ..... SUN Ling(79)
- Practical Research on Improving Middle and Long Distance Running Ability of Vocational School Students by Hierarchical  
Teaching Method ..... LI Shipeng(82)
- Research on the Content Presentation of *Physical Education and Health* in Secondary Vocational Schools Based on  
Augmented Reality Technology ..... HUANG Haibin(86)
- Research on Current Situation and Strategy of Wrestling Elective Course in Colleges and Universities .....  
..... XIA Jing, ZHU Jinbang, WU Chuazheng(90)
- Experimental Study on the Influence of TGFU Teaching Method on Students' Learning Effect in Junior High School  
Basketball Teaching ..... XIA Yadong, ZHU Bing, WANG Ping(94)
- Discussion on Methods of Efficiently Connecting Physical Education Classroom and Extracurricular Activities in Primary  
and Secondary Schools under "Double Reduction" Policy ..... WANG Huan, MAO Shuhuan, LI Chenxia(99)
- Realistic Needs and Promoting Strategies of the Integration of School Physical Education and Aesthetic Education in  
the New Era ..... XIE Shilian, GUAN Yan, XIA Yixin(103)

## Social Sports

- Study on Construction and Practice of Zhaoqing Tourism and Leisure Sports in the 14th Five-Year Plan Period .....  
..... YAN Xuanfei, GAO Shanshan(108)
- Development Trend and Path Choice of Resident Sports Consumption in the Post-Epidemic Era .....  
..... JIANG Mingwei(114)
- Research on the Development Status and Countermeasures of Youth Sports Training Industry under the "Double Reduction"  
Policy ..... CHENG Sihan(119)
- Research on the Development Status and Countermeasure of "Fitness Sports Tourism" Industry Integration in Ya'an City  
..... ZHANG Lulu, YUAN Xiaohui(123)

---

Dilemma and Breakthrough: Research on the Reform and Governance of Social Sports Organizations in China under the Background of the Implementation of National Fitness Strategy ..... LI Yi, WU Hongxue, SHANG Wanting(129)

## Ethnic Traditional Sports

Research on the Construction of "Dragon Dance" First-Class Undergraduate Physical Education Curriculum ..... WANG Rui, GE Guozheng(133)

Research on the Innovation and Promotion of National Aerobics in Colleges and Universities ..... WENG Runjie(137)

Sociological Analysis of the Development of Traditional Sports of Contemporary Ethnic Minorities under Multicultural Background ..... WU Wei(141)

## Integration of Sports and Education

Reform and Implementation Path of Primary School Physical Education Curriculum under the Practice of Sports and Education Integration ..... BAI Jianwei, LIU Ting, LIU Jiajin(145)

Analysis of Specialization Development Path and Strategy of Primary School Physical Education Teachers in the Perspective of Sports and Education Integration ..... TONG Jiayun(150)

Dilemma and Countermeasures of the Healthy Development of Teenagers' Physical Health from the Perspective of Sports and Education Integration ..... YU Haoran, MU Qinglei(154)

Strategies for Promoting Teenagers' Healthy Development by Sports and Education Integration ..... WANG Yunyi, WU Xiaoxi, HUANG Jialin, WANG Anhong(158)

## Exploration and Free Views

Discussion on the Methods of Physique Training in Physical Training ..... WAN Yuehong(162)

On the Influencing Factors and Countermeasures of the Decline of Physical Health Level of Higher Vocational Students ..... ZHANG Rui, YAO Qiang(166)

Research on the Teaching Reform of Swimming Course in Colleges and Universities under the Background of "Classroom Revolution" ..... HE Chengjing, YANG Ruizhu, ZHENG Mi, HE Zhihai, LIU Quan(170)

Influence of Electronic Protective Gear on the Technical and Tactical Application of Competitive Taekwondo Competition ..... LI Haili(174)

Study on Healthy Lifestyle of Adolescents under Cognition-Attitude-Behavior Mode ..... ZHU Jinning(181)

Analysis on Goal Characteristics of 2022 AFC Women's Asian Cup Game ..... ZHANG Bing(185)

Discussion on the Mode of "Morning Running" in Higher Vocational Colleges under the Guidance of "Healthy China" ..... YANG Dongmei, CAI Deliang, HE Jia(192)

**Basic Parameters of Journal:CN 23-1579/G8\*2011\*t\*A4\*198\*ZH\*P\* ¥ 70. 00\*1000\*45\*2022-28**