



ISSN 2095-2813

A standard linear barcode is located here, with the number "9 772095 281220" printed below it.

9 772095 281220



目 录

专家论坛

- 基于SWOT视角的张家口冬奥场馆赛后利用研究 安定明 徐婧喆(1)
体育专业教学中学生心理健康问题干预策略研究 陈祥和 李文秀(5)
PBL+TBL教学模式在运动解剖学实验教学中的运用 王晓琴(8)
草根女子篮球发展存在的问题与对策研究 孙志 白新蕾(11)

运动人体科学

- 内蒙古高职院校学生体质健康测试机制研究 张崇艳(15)
羽毛球运动常见运动损伤的原因及预防 杨兆昌(18)
网球肘损伤机制的生物力学分析 朱家驹(23)
身体功能训练促进小学生灵敏素质发展的实证研究 巩莲莲(27)
普通高校公共体育健美操课程体适能干预实验研究 杨晨(31)

运动训练学

- 2020年法网男单决赛德约科维奇的技战术分析 郑凤岐 董晋 常承志(35)
普通高校篮球训练对学生健康体适能的影响研究 易军(40)
应用型背景下运动训练专业综合改革实践研究 王玮 张莹(45)
高中游泳专项训练的体能练习设计研究 来敏倩(49)

学校体育学

- 教学辅助软件在“个性化”体育教学中的应用探讨 毛雷 庄亨礼 陆毅(52)
娱乐性教学法在高校健美操教学中的应用 李梦珂 梁圆(57)
基于SPOC的乒乓球分组教学模式的设计与应用研究 李妍 赵健 陶永纯 赵璇(60)
新冠肺炎疫情下高校体育课实行翻转课堂的研究 李琴(63)
高校篮球教学中比赛教学法的运用研究 路俊奇(67)
高校足球教学大学生兴趣培养的思考 殷君楚(70)
高校瑜伽教学风险研究导论 李晋燕(74)
高校体育教学中“健康第一”理念的实施探析 宋超(77)
户外素质拓展与中职体育教学相结合的应用研究 张静(80)

社会体育学

- 广东省残疾人体育事业现状和发展研究 符忠龙 张晓英(83)
当代体育科技(Contemporary Sports Technology) |

社会体育专业毕业生就业现状及对策分析	罗元 黄超洪 何珂峻(87)
吉林省“小篮球”运动开展现状调查与推广策略研究	周文博(90)
河北省地级市社会足球发展困境及推进路径研究	李宁宁 江文奇 张月霞(95)
体育治理视角下我国冰雪体育产业治理路径研究	黄建(98)
关于我国体育特色小镇建设的现实思考	蒯放 陈新平(102)
健康中国视角下“体医融合”的价值逻辑及模式创新研究	丁举岩 刘永青 刘献国(106)
我国体育特色小镇休闲商业发展对策研究	牛丽芬 鲁志琴(110)

民族传统体育

大数据技术下太极拳发展存在的问题与对策研究	李东蕾(117)
视觉文化视阈下武术传播媒介探索	李芬(120)
“一带一路”倡议下中国武术深度传播路径研究	黄磊 单孝强(124)
“一带一路”倡议下中国与东盟民族传统体育交流合作	涂海宁 庞菲(128)

体育与思政教育专题

新时代高校啦啦操课程思政建设路径研究	周丽华 葛幸幸(131)
边境国门高校体育专业“课程思政”教学实践对策探索	胡凤兰(134)
后疫情时代课程思政理念融入高职体育课程的路径研究	唐风云 邓威(137)
融合课程思政的高职体育教学的优化研究	刘娜 阳刚(140)
吉林省高校篮球课程思政教育的开展现状与实践研究	赵娜(143)

学术综述

北京市幼儿园体育开展现状及对策研究	王逦丽(146)
近十年国际体育教育研究的回顾与评析	汤大朋(152)
校园网球的改革发展与推进策略	贺梁(158)
中加高校学生体育社团比较研究	王伟(163)
改革开放四十年学校体育社团研究进展	李怡 陶林强 张鹏(167)

探索与争鸣

京津冀第三届高校健美操锦标赛混合双人操艺术性分析	于鑫鑫 邹蕾(172)
优秀女子5000m运动员胥秋子备战全运会综合攻关模式研究	朱那 李朝林(175)
基于“乐跑”软件对学生课外运动锻炼的监测研究	王清强(179)
“双一流”背景下内蒙古高校体育教师发展机制探究	温娇(183)
高职院校体育教师科研水平提升的路径研究	赵乐乐(186)

藏族仪式性身体活动的图像叙事与文化秩序 张佳星(190)

2020—2021赛季CBA总决赛广东队制胜因素分析 张才超 侯粤明(194)

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*¥50.00*1000*51*2022-3

Contents

Expert Forum

Research on Post-Competition Utilization of Zhangjiakou Winter Olympic Venues from the Perspective of SWOT	AN Dingming, XU Jingzhe(1)
Research on Intervention Strategies of Students' Mental Health Problems in Physical Education Teaching	CHEN Xianghe, LI Wenxiu(5)
Application of the PBL+ TBL Teaching Mode in Sports Anatomy Experimental Teaching	WANG Xiaoqin(8)
Problems and Countermeasures of the Development of Grass-Roots Women's Basketball	SUN Zhi, BAI Xinlei(11)

Sports Somatic Science

Research on the Testing Mechanism of Student Physical Fitness in Higher Vocational Colleges in Inner Mongolia	ZHANG Chongyan(15)
Causes and Prevention of Common Sports Injuries in Badminton	YANG Zhaochang(18)
Biomechanical Analysis of Injury Mechanism of Tennis Elbow	ZHU Jiaju(23)
An Empirical Study on Physical Function Training Promoting the Development of Pupils' Sensitive Quality	GONG Lianlian(27)
Study on the Experimental Intervention of Public Fitness Aerobics Course in Colleges and Universities	YANG Chen(31)

Sports Training Science

Technical and Tactical Analysis of Djokovic in 2020 French Open Men's Singles Final	ZHENG Fengqi, DONG Jin, CHANG Chengzhi(35)
Study on the Influence of Basketball Training on Students' Health and Physical Fitness in Colleges and Universities	YI Jun(40)
Practical Research on Comprehensive Reform of Sports Training Specialty under the Background of Application	WANG Wei, ZHANG Ying(45)
Research on Physical Exercise Design of Swimming Special Training in Senior High School	LAI Minqian(49)

School Physical Education

Discussion on the Application of Teaching Assistant Software in "Individualized" Physical Education	MAO Lei, ZHUANG Hengli, LU Yi(52)
Application of Recreational Teaching Method in Aerobics Teaching in Colleges and Universities	LI Mengke, LIANG Yuan(57)
Research on the Design and Application of Group Teaching Mode of Table Tennis Based on SPOC	LI Yan, ZHAO Jian, TAO Yongchun, ZHAO Xuan(60)

Research on Flipped Classroom in College Physical Education under COVID-19 Epidemic	LI Qin(63)
Research on the Application of Competition Teaching Method in College Basketball Teaching	LU Junqi(67)
Thoughts on Cultivating College Students' Interest in Football Teaching in Colleges and Universities	YIN Junchu(70)
Introduction to Risk Research of Yoga Teaching in Colleges and Universities	LI Jinyan(74)
Analysis on the Implementation of the Concept of "Health First" in College Physical Education	SONG Chao(77)
Application Research on the Combination of Outdoor Quality Development and Secondary Vocational Physical Education Teaching	ZHANG Jing(80)

Social Sports

Research on the Current Situation and Development of Sports for the Disabled in Guangdong Province.....	
.....	FU Zhonglong, ZHANG Xiaoying(83)
Employment Status and Countermeasures of Social Sports Graduates	
.....	LUO Yuan, HUANG Chaohong, HE Kejun(87)
Investigation and Promotion Strategy of "Small Basketball" in Jilin Province	ZHOU Wenbo(90)
Research on the Development Dilemma and Promotion Path of Social Football in Prefecture Level Cities of Hebei Province.....	LI Ningning, JIANG Wenqi, ZHANG Yuexia(95)
Research on the Governance Path of China's Ice and Snow Sports Industry from the Perspective of Sports Governance	HUANG Jian(98)
Realistic Thoughts on the Development of Sports Characteristic Towns in China	
.....	KUAI Fang, CHEN Xinping(102)
Research on Value Logic and Model Innovation of Sports and Medical Integration from the Perspective of Healthy China	DING Juyan, LIU Yongqing, LIU Xianguo(106)
Study on the Development Countermeasures of Leisure Commerce in Sports Characteristic Towns in China.....	
.....	NIU Lifen, LU Zhiqin(110)

Ethnic Traditional Sports

Research on Problems and Countermeasures of Tai Chi Development under Big Data Technology	
.....	LI Donglei(117)
Exploration of Martial arts Communication Media from the Perspective of Visual Culture.....	LI Fen(120)
Research on the In-Depth Communication Path of Chinese Martial arts under the "Belt and Road" Initiative	
.....	HUANG Lei, SHAN Xiaoqiang(124)
Exchanges and Cooperation in National Traditional Sports between China and ASEAN under the "Belt and Road" Initiative	TU Haining, PANG Fei(128)

Sports and Ideological-Political Education

Research on the Path of Ideological and Political Construction of Cheerleading Course in Colleges and Universities in the New Era	ZHOU Lihua, GE Xingxing(131)
-----------------------------------------------------------------------------------------------------------------------------------------	------------------------------

Exploration on the Teaching Practice of "Ideological and Political Education" for Physical Education Major in Frontier Colleges and Universities	HU Fenglan(134)
Research on the Path of Integrating Curriculum Ideological and Political Concept into Higher Vocational Physical Education Curriculum in the Post Epidemic Era	TANG Fengyun, DENG Wei(137)
Research on Optimization of Physical Education Teaching in Higher Vocational Colleges Integrating Curriculum Ideological and Political Education	LIU Na, YANG Gang(140)
Research on the Current Situation and Practice of Ideological and Political Education of Basketball Curriculum in Colleges and Universities in Jilin Province	ZHAO Na(143)

Academic Review

Research on the Current Situation and Countermeasures of Kindergarten Physical Education in Beijing	
.....	WANG Lili(146)
Review and Analysis of International Physical Education Research in Recent Ten Years	TANG Dapeng(152)
Reform and Development of Campus Tennis and Its Promotion Strategy	HE Liang(158)
A Comparative Study on Sports Associations of College Students between China and Canada	
.....	WANG Wei(163)
Research Progress of School Sports Associations in the Past 40 Years of Reform and Opening up	
.....	LI Yi, TAO Linqiang, ZHANG Peng(167)

Exploration and Free Views

Artistic Analysis of Mixed Doubles in the Third College Aerobics Championship in Beijing–Tianjin–Hebei	
.....	YU Xinxin, ZOU Lei(172)
Study on the Comprehensive Tackling Mode of the Outstanding Women's 5000m Athlete Xu Qiuzi in Preparation for the National Games	ZHU Na, LI Chaolin(175)
Monitoring and Research on the Students' Extracurricular Physical Exercises Based on "Lepao" Software	
.....	WANG Qingqiang(179)
On the Development Mechanism of Physical Education Teachers in Colleges and Universities in Inner Mongolia under the Background of Double First-Class	WEN Jiao(183)
Research on the Path of Improving the Scientific Research Level of Physical Education Teachers in Higher Vocational Colleges	ZHAO Lele(186)
Image Narration and Cultural Order of Tibetan Ritual Physical Activities	ZHANG Jiaxing(190)
Analysis on the Winning Factors of Guangdong Team in CBA Finals of 2020—2021 Season	
.....	ZHANG Caichao, HOU Yueming(194)

Basic Parameters of Journal:CN 23-1579/G8*2011*t*A4*198*ZH*p* ¥ 50. 00*1000*51*2022-3