

[期刊基本参数] CN 32 - 1495 / C * 2002 * q * A4 * 160 * zh * P * 10.00 * 400 * 53 * 2010 - 09

目 次

● 科研课题

高职体育教学改革新思路 曹桂祥(1)

运动员心脏风险的心电图筛查 吕远远, 孙 飏, 马继政(3)

江苏省县(市、区)级业余体校

运动员训练保障现状调查及发展对策研究 骆小松(8)

以社会适应为核心目标的课型设计与实践之研究

——以水平三(七年级)学段为例 李长志, 王克强(12)

江苏省退役运动员文化教育现状调查及对策研究 周晓军(16)

● 运动医学探索

篮球选项课中运动损伤的原理探析 王坡绪(19)

高脂饮食及耐力训练对大鼠腓肠肌 p53 和 IL-6 表达的影响 何 强, 漆正堂, 丁树哲(21)

山地越野自行车运动训练的生理生化监控 武桂新, 蔡蓓蓓, 周广科(23)

复方中药制剂对运动训练大鼠运动能力的影响 曹强军, 林丽芳, 张 彪(27)

体外冲击波治疗网球肘的临床疗效研究 徐卫华(32)

● 竞技论坛

女子网球单打运动员比赛制胜因素分析 易景茜(34)

定向越野“体智能”一体化训练法的设计与应用实验

——对定向运动中的行为能力与思维能力结合环节的解决方案 孔瑞诗, 肖秋平, 杨 晖(38)

少年排球运动员身体素质训练 朱爱君(41)

南京三中女排运动员心理素质的调查分析 朱 兵, 张建新(43)

少儿羽毛球训练中的多球练习 李国萍(46)

试论茅鹏“全周期理论”之“早期端”理论

——兼论早期专项化训练 孟广才(48)

试论高水平游泳运动员阶段训练计划的制定与执行

——以 1500 米自由泳项目为例 陆强毅(52)

新周期探世界技巧运动发展趋势 谢艾珊, 霍次军, 梁建坤(55)

地方体操队训练的有效途径研究 赵 俊(58)

背向滑步推铅球最后用力阶段身体右侧各环节速度的变化 周华锋(61)

优秀游泳运动员比赛期训练安排初探 张 强(66)

超量恢复理论受到质疑的几点思考 徐大成(68)

运动员自信心的建立与保护 李海兵(70)

我国跳水教练员执教能力评价指标的调查研究 孔德杰(73)

● 体育教育探究

学习型高校体育团队构建的内在逻辑与途径	洪克明, 马 勇(76)
大学生体育与思政教育融汇的关涉及途径探析	许燕梅(78)
体育课网络助学平台建设的思考 ——体育课程网络教学资源开发研究	刘文珂(80)
高职院校体育教师情绪工作影响因素的相关研究	王公平, 杨 健(82)
终身体育视域高校体育隐蔽课程的价值与开发路径探究	倪 铭(85)
高职院校体育教学研究的反思	林月红(88)
试论体育教师的新追求	周光耀(91)
体育院校实验室开放管理的思考	宋雅伟, 钱竞光(93)
“动态分层分组”教学法在我院游泳普修课程中的实验研究	朱 乔(96)
高职院校体育课程设置对职业病预防作用探析	李 茹, 朱波肖, 秀 显, 李伙强(100)
社会体育专业实习质量评价指标体系的研究	王 进(103)
普通高校游泳教学改革的实验研究	林 军(106)
循环训练方法在体育教学中的应用研究	王晓霞(109)
论人文与科学相融合的“竞教结合”思想	孙 玮(112)

● 大众体育研究

后奥运时期中国拳击发展研究	鲍善柱(115)
健康老龄化视域下老年人运动休闲现状的调查与分析 ——以盐城城市居民为例	夏翔鹰(119)
体育院校辅导员职业幸福感的状况调查与研究	葛见珠(122)
体育赛事的社会化和规范化管理研究	王媛媛, 史国生(126)
青年奥运会的跨文化传播效应与策略 ——从新加坡青奥会到南京青奥会的思考	纪玉娣(130)
对南京市乒乓球健身俱乐部现状的调查分析	丁玲玲(132)
《全国健美操大众锻炼标准》第三套 1—4 级动作运动强度的分析	陈 艳, 黄 颖, 陈瑞琴(135)
中国高尔夫球童发展困境及对策思考	李 丹, 刘 田(139)
上海市青年体育人才培养模式的调查研究	孙怡华, 季 浏(141)
实施优秀运动员保障的必要性及可持续发展的构想	唐 俊, 吕卫东(144)
研究生生活方式的机理与健康促进	徐南强, 刘连财(147)
基于自由心证的篮球裁判判罚认知偏差的主客观因素分析	张谢宁(150)
业余训练中青少年运动员发育敏感期专门化训练的探讨	林寿宽(153)
南京市全民健身路径工程管理研究	王翠芳, 史国生(155)

● 综述研究

运动生理监控指标研究进展	付宪红, 李长龙(158)
--------------------	---------------

CONTENTS

● Subject Report

- Higher Physical Education New Ideas Cao Gui - xiang(1)
- ECG Screening of Athletes' Cardiac Risk LV Yuan - yuan, SUN Biao, MA Ji - zheng(3)
- The Research on Present Situation of Training Support and Development Strategies of Young Athlete in Sports Schools of the county (city, district) in Jiangsu Province LUO Xiao - song(8)
- To Adapt the Course as the Core Objective of the Study Design and Practice
——The Level 3 (seventh grade) In Case Study LI Chang - zhi, WANG Ke - qiang(12)
- Study on Countermeasures and Condition of Education of Retired Athletes in Jiangsu Province ZHOU Xiao - jun(16)

● Exploration of Sports Medicine

- Basketball Sports Injury in Principle WANG Po - xu(19)
- Effects of High - fat Diets and Endurance Training on p53 and IL - 6 Expression of Gastrocnemius Muscle in Rats
..... HE Qiang, QI Zheng - tang, DING Shu - zhe(21)
- Physiological and Biochemical Monitoring Methods of Mountain Bike Athletes Training
..... WU Gui - xin, CAI Bei - lei, ZHOU Guang - ke(23)
- Effect of Compound of Chinese Medicine Preparation on Training Rats of the Movement Ability
..... CAO Qiang - jun, LIN li - fang, ZHANG Biao(27)
- Open Tennis Elbow Shock Therapy Effect of the Clinical Effect XU Wei - hua(32)

● Forum of Athletics

- Victorious Women's Tennis Singles Player Analysis YI Jing - Qian(34)
- Orienteering "body smart" Integrated Training in the Application of Experimental Method
——The capacity of directional movement in combination with the thinking part of the solution
..... KONG Rui - shi, XIAO Qiu - ping, YANG Hui(38)
- Junior Volleyball Players in Training ZHU Ai - jun(41)
- Nanjing Third Volleyball Players on the Psychological Quality of Research ZHU Bing, ZHANG Jian - xin(43)
- Children's Multi - ball Badminton Training Practice LI Guo - ping(46)
- On Mao Peng, "Full Cycle" of the "early side" Theory
——On the early training MENG Guang - cai(48)
- On the Stage of High Level Swimmers Training Program Development and Implementation of
——A Case Study of 1,500 m freestyle LU Qiang - yi(52)
- The New Cycle Research Acrobatic Gymnast into the World Trends XIE Ai - shan(55)
- The Effective way about Local Gymnastics Team Training ZHAO Jun(58)
- The Velocity Change of the Each Right Part Body to the Back Sliding Shot Putting on the Final Exertion of Throwing
..... ZHOU Hua - feng(61)
- Training Arrangements for Elite Swimming Athletes during Competition Phase ZHANG Qiang(66)
- Thoughts of Over - recovery Theory Challenged XU Da - Cheng(68)
- The Establishment and Protection of Athletes self - confidence LI Hai - bing(70)
- Diving Coaches of Investigation and Research Evaluation KONG De - jie(73)

● Physical Education Teaching

- An Essay on The Establishment of Learning – style Physical Education Groups—its inner logic and the way to achieve it HONG Ke – ming, MA Yong(76)
- Ideological and Political Education Students integrate sports and the relationship and ways of Miao XU Yan – mei(78)
- The Physical Education Network Assists Students the Platform Construction the Ponder
——*Sports Curriculum Network Teaching Resources Development Research* LIU Wen – ke(80)
- Studies on Affective Factors about Emotion – Work of Advaced Vocational School’s P. E. Teachers
..... WANG Gong – ping, YANG Jian(82)
- The Value and Exploration Ways of P. E. Hidden Curriculum Background PE for Life NI Ming(85)
- Reflections on PE Teaching Studies on Vocational Colleges LIN Yue – hong(88)
- Discuss the New Pursuit to the Physical Education of Teachers ZHOU Guang – yao(91)
- The Think of Open Management of University Laboratory SONG Ya – wei, QIAN Jing – Guang (93)
- The Experimental Study of “Dynamic Hierarchical Grouping” Teaching Method in Swimming Elective Courses of our Institute
..... ZHU Qiao(96)
- Study on Preventive Effect of Occupational Disease by Curriculum Designing for Physical Education in Higher Vocational Colleges
..... LI Ru(100)
- The Research about Quality Evaluation Index System Social Sports Professional Practice WANG Jin(103)
- Reform of Higher Education Study Swimming LIN Jun(106)
- Cycle Training Course – New Mode Pro – be into Physical Education Teaching WANG Xiao – xia(109)
- Research to The Thought of Sports Education in Which Integration of Science and Humanities SUN Wei(112)

● Sports for All

- China after the Olympic Games Boxing Development BAO Shan – zhu(115)
- Healthy Aging Older Sports Perspective Survey and Analysis – Case Study in Yancheng City Residents XIA Xiang – ying¹(119)
- The Survey and Research on the Occupational Happiness Sense of Counselors in Sports Institutes GE Jian – zhu(122)
- Sports Events of Socialization and Review of Regulatory Management WANG Yuan – yuan, SHI Guo – sheng(126)
- Youth Olympic Games Effectiveness and Strategy Intercultural Communication
——*From Singapore to Nanjing YOG Youth Olympic Thoughts* JI Yu – di (130)
- The Survey and Analysis of Current Situation to the Table Tennis Club in Nanjing DING Ling – ling(132)
- Research on Exercise Intensity and Rule of the Third < National Standard of Mass Aerobic Exercise > From First to Forth Sets
..... CHEN Yan, HUANG Ying, CHEN Rui – qin(135)
- The Growing Pains and Countermoves of Caddie in China LI Dan, LIU Tian(139)
- Researching on Shanghai Youth Sports Training Mode SUN Yi – hua, JI Liu(141)
- Conceiving of Necessity and Sustainable Development for Implementing Protection of the Excellent Athlete
..... TANG Jun, LU Wei – dong(144)
- Graduate Student Life Style Mechanism and Health Promotion XU Nan – qiang, LIU Lian – cai(147)
- Freedom of Evidence – based Basketball Referee Subjective and Objective Factors of Cognitive Bias ZHANG Xie – ning(150)
- The Discussion of the Special Training to the Young Athlete’s Sensitive Period of Development in Amateur Training
..... LIN Shou – kuan(153)
- The Research About Management of Nanjing National Fitness Path WANG Cui – fang, SHI Guo – sheng(155)

● Sports Review

- Research and Progress of the Variables of Physiological Assessment in Sports FU Xian – hong, LI Chang – long(158)