

ISSN 1005-0256

CN11-3262/G8

BULLETIN



OF SPORT SCIENCE & TECHNOLOGY

体育科技

文献通报

国家体育总局主管

国家体育总局体育信息中心主办

9

2020年

第28卷

总334期

ISSN 1005-0256



万方数据



体育科技文献通报
Bulletin of Sport Science & Technology
(月刊)

主 管:国家体育总局
主 办:国家体育总局体育信息中心
编 辑:国家体育总局体育信息中心
信息资源部

出版发行:《体育科技文献通报》编辑部

主 编:丁 东
副 主 编:李桂华
执行主编:王金羽
执行副主编:解文华 朱 雷
中英文总审:朱 雷
编 务:于小兰

本期责编:解文华
电 话:010 - 87183063

地 址:北京东城区体育馆路 11 号
邮政编码:100061
电 话:010 - 87183059
传 真:010 - 87183061
官网地址:<http://tykjwxtb.sport.gov.cn/>
E - mail:tiyutongbao@sina.com

国外发行:中国国际图书贸易总公司
国外发行代号:M1984

印 刷 者:廊坊市洪烽印刷有限公司

国际标准连续出版物号:ISSN 1005 - 0256
国内统一连续出版物号:CN 11 - 3262/G8
期刊出版许可证京期出证字第 8262 号
广告许可证:京东工商广字第 8067 号

2020 年第 28 卷第 9 期(总第 334 期)
2020 年 9 月 20 日出版
定价:全年 180 元 单册:15 元

CONTENTS

目 录

课题成果

- 1 全民健身大发展背景下终身体育锻炼阻滞与优化路径研究 戴俊, 孟文涛
- 2 苗族倒爬花杆研究 陈敏, 徐晓琴, 刘渝佳
- 4 2020 年乒乓球卡塔尔公开赛混双决赛技战术分析 李大成
- 6 民办职业院校体育专业“1+X”证书实证研究 蒲西安, 欧繁荣
- 8 环渤海湾海洋体育旅游机遇、困境及协同发展策略研究 刘传海
- 10 女大学生日常行为模式与体质健康的现状调查与分析 江大雷, 何在丽, 杨刚
- 13 应用型高校社会体育指导与管理专业创新实践教学探析 张建华, 肖亚康
- 15 黑龙江省高校冰雪体育教学评价体系探究 孙俊涛, 张萍
- 16 甘肃省 7~18 岁汉族学生体质状况研究 高晓君
- 19 新时期我国高校体育教师核心素养体系构建研究 金正程, 杨慧君, 蒋思佳
- 23 超级碗赛事历史治理演进研究 李世森, 李灌, 孙平
- 26 信息化平台在高校体育教学中的应用实践研究 张军骑, 李佳莉, 李明
- 28 高中体育与健康课程体能模块教学现状与对策 蒙可斌, 冯兆龙
- 31 广西宁明花山壮族“骆越王节”的民俗文化探析 吴珊, 何卫东, 何林, 等
- 34 新时代贫困代际传递消弭路径的选择 梁巨志, 张铁雄
- 36 广西高校体育硕士的核心素养提升策略研究 杜柏颖, 王艳琼, 孙亚飞, 等
- 39 基于风险源辨识的广东省高校教师体质测评标准构建 朱梦兰, 边宇
- 44 疫情隔离时期居家体育锻炼的多维思考 刘波, 陆炎
- 46 基于社会交往需求下的户外公共设施设计分析 何妍
- 47 隔网对抗性项群有效技能训练时间对教学效果影响的实验研究 王德文
- 48 群众性羽毛球等级评定体系建立的可行性研究 刘昉, 沈宏, 王绍伦, 等
- 50 激励、参与、创编 司徒跃华
- 53 体育核心素养引领下湘西地区幼儿体育健康促进路径研究 李国碧
- 56 普通高校舞蹈啦啦操课程教学内容体系构建探索 张卉
- 57 “增负”背景下大学体育“升降级”教学模式的探索与实践 高慧林
- 59 休闲体育人才培养实施导师制的价值刍议 薛丽卿, 张伦厚
- 60 12 周竞技武术干预对大学生认知加工速度的影响 孙晔, 张文静
- 62 基于 ERG 理论的高校户外运动人才培养模式研究 杨晨飞, 但懿

Bulletin of Sport Science & Technology

2020年第9期

- 65 新媒体时代我国大学生体育信息传播特征及对策研究 张敏,李雪
67 菏泽市徒步运动发展现状调查研究 孟薇,边峰,闫召媛,等

竞技论坛

- 70 2019年国际射联世界杯成绩分析 苏雷
73 专项体能训练对高尔夫球员技能水平的影响分析 凌小盼,廖素萍,凌硕
76 运用游泳水槽训练和功能动作测试(FMS)对我国优秀游泳运动员的平衡能力的影响 尹万利,宋闪,仰红慧

- 79 从2019男篮世界杯透视中国男篮后卫现状及对中国队的思考 张培彬
81 模式训练法在三级跳远发展弹跳力训练中的应用 刘理丹

- 83 中国女子羽毛球队东京奥运周期表现分析及前景展望 沈鑫

教学探索

- 86 慕课背景下健美操教学平台创建措施分析 席菲菲
87 基于慕课教育的高校健美操翻转课堂模式研究 冯婷

- 88 课程思政视野下大学生思想状态与高校公共体育课改革 傅新宇,姚亚中

- 90 基于大学生体质健康的高校体育教学改革方式研究 贾炳涛,颜乾勇

- 92 美国高校概念性体育课程改革的缘起与发展 陆锦华

- 95 大学网球教学训练技巧与方法分析 马杰

- 98 体育教学中翻转课堂模式的构建路径研究 张长军

- 99 高中体育专项化背景下利用菜单法进行专项技术教学的探究 陶克雄,冯尚欣

- 100 示范法在高校武术教学中的价值探讨 耿莹莹

- 103 “健康第一”理念下体育教师教学行为转化研究 马奎

- 106 我国少儿体育舞蹈教学存在的问题 王培,王金丽

- 108 高校公共体育部开设街舞课程的可行性研究 王熙

群体研究

- 111 疫情背景下我国中小学生居家健身指导 徐艳萍
113 基于SWOT定量分析模型的中国归化球员发展战略研究 宫丞飞

- 115 聋哑儿童学习游泳技能初探 齐海涛
117 篮球比赛中运动员攻击性行为产生的原因分析 常渊博
119 影响高校乒乓球运动员训练动机因素调查研究 陈浩中
123 梅州市中小学生2015-2018年体质健康的动态分析 李诚,雷艳娟,余勇平
127 基于行为转变理论的女性健身阶段变化特征 宋衍潇
130 青少年铅球运动员专项训练方法研究 孙帅
133 四川大学研究生体育锻炼现状及影响因素研究 赵冬冬

产业探讨

- 136 “体育+旅游”湖南省特色体育小镇建设研究 李谦
138 基于SWOT分析的我国校园软式棒垒球发展策略研究 王俊
141 我国滨海地区体育旅游发展SWOT分析 段炼,段丽
144 我国城市马拉松赛事热的现状分析及发展对策研究 刘天鹏
148 太原市CY瑜伽馆的营销策略现状及对策研究 张思奇,王景景,苑文雪

文化视野

- 151 70周年华诞基于“健康中国”战略背景 夏晨阳,董丽波
154 河南省足球发展现状研究 祝志国,张海峰,毛卫国
155 全民健身背景下许昌市“15分钟健身圈”发展研究 孙艳飞
158 我国球场暴力问题研究现状及趋势 徐露元

综述报告

- 161 中学校园足球开展现状分析与发展对策研究 黄启能
163 洛阳市居民开展长跑运动的现状与发展研究 邓永静
166 体育锻炼干预中学生网络成瘾的实证研究 张庆锋
168 郑州市金水区社区篮球健身运动开展状况分析 时梦
171 梅州市职业足球俱乐部后备人才的培养现状与发展对策 黄彬
175 探究大学生篮球运动常见损伤及其预防 孙亚坤
177 高校竞技网球发展模式研究 王耀,谢相和,何长春

Bulletin of Sport Science & Technology

Contents

Subject Report

Research on the Blocking and Optimizing Path of Lifelong Physical Exercise under the Background of the Great Development of National Fitness	Dai Jun, Meng Wentao(1)
Research on Up - side - down Pole Climbing of the Miao Minority	Chen Min, Xu Xiaoqin, Liu Yujia(2)
Technical and Tactical Analysis of 2020 Table Tennis Qatar Open Mixed Double Finals	Li Dacheng(4)
Empirical Research on “1 + X” Certificate of Physical Education Major in Private Vocational Colleges	Pu Xián, Ou Fanrong(6)
Study on Opportunities, Difficulties and Coordinated Development Strategies of Marine Sports Tourism around Bohai Bay	Liu Chuanhai(8)
Investigation and Analysis on the Present Situation of Female College Students’ Daily Behavior Mode and Physical Health ——Take One University in Henan Province as An Example	Jiang Dalei, He Zaili, Yang Gang(10)
Analysis on Innovative Practice Teaching of Social Sports Guidance and Management Major in Application - oriented Undergraduate Universities ——Take HuangHuai University as An Example	Zhang Jianhua, Xiao Yakang(13)
Explore on the Evaluation System of Ice and Snow Sports Teaching in Heilongjiang Universities	Sun Juntao, Zhang Ping(15)
Study on Physical Fitness of Han Students Aged 7 – 18 in Gansu Province ——Take 2010 – 2014 as An Example	Gao Xiaojun(16)
The Construction Study of Key Competencies System of Chinese College PE Teacher in New Times	Jin Zhengcheng, Yang Huijun, Jiang Sijia(19)
Research on Historical Governance Evolution of Super Bowl	Li Shisen, Li Ying, Sun Ping(23)
Application Research on the Application of Information Platform in College Physical Education ——Taking the Smart Sports Management Platform of Anhui Institute of Information Technology as An Example	Zhang Junqi, Li Jiali, Li Ming(26)
Research on the Current Situation and Countermeasure of Physical Fitness Module Teaching in High School Physical Education and Health Course	Meng Kebin, Feng Zhaolong(28)
Analysis on the Folk Culture of Luoyuewang Festival of the Huashan Zhuang Nationality in Guangxi Ningming	Wu Shan, He Weidong, He Lin, Zhou Huilan, Dong Bikai(31)
Path Choice to Eliminate the Transmission of Poverty between Generations in the New Era ——From the Perspective of National Traditional Sports Development	Liang Juzhi, Zhang Tiexiang(34)
Research on the Promotion Strategy of PE Postgraduates’ Core Competences in Guangxi Universities	Wang Yanqiong, Sun Yafei, Sun Zheng(36)
Construction of Evaluation Standards for Physical Fitness of College Teachers in Guangdong Province Based on Risk Source Identification	Zhu Menglan, Bian Yu(39)
Multidimensional Thinking of Home Physical Exercise in the Period of Epidemic Isolation	Liu Bo, Lu Yan(44)
Outdoor Public Facilities Design Analysis Based on Social Interaction Demand	He Yan (46)
An Experimental Study on the Effect of Effective Skill Training Time on the Teaching Effect of Net Antagonistic Event Group	Wang Dewen(47)
Study on the Feasibility of Establishing Rating System of Mass Badminton ——Take Nanjing Lishui District as An Example	Liu Fang, Shen Hong, Wang Shaolun, Deng Hengqiang, Su Xiaoyun(48)
Encourage, Participate and Create ——The Practice and Exploration of Aerobics Elective Course Teaching in Senior High School	Situ Yuehua(50)
Research on Ways to Promote Children’s Physical Health in Western Hunan under the Guidance of Physical Education Core Quality	Li Guobi(53)
Exploration on the Construction of Teaching Content System of Cheerleading Course in Colleges and Universities	Zhang Hui(56)
Exploration and Practice of the Teaching Mode of “Promotion and Demotion” in PE Class under the Background of “Increasing College Students’ Academic Burden” ——Taking the Basketball Selective Course of Chongqing University of Arts and Sciences as An Example	Gao Huilin(57)
The Value of Tutorial System in the Cultivation of Leisure Sports Talents	Xue Liqing, Zhang Lunhou(59)
The Effects of 12 - week Competitive Wushu Intervention on Cognitive Processing Speed of College Students	Sun Ye, Zhang Wenjing(60)
Research on the Training Mode of University Outdoor Sports Talents Based on ERG Theory	Yang Chenfei, Dan Yi(62)
Characteristic and Countermeasures of Chinese College Students Sport Information Spread under the New Media Time	Zhang Min, Li Xue(65)
Study on the Development Countermeasures of Hiking in Heze City	Meng Wei, Bian Feng, Yan Zhaoyuan, Zhang Ning(67)

Athletics Forum

Analysis on the Results of International Shooting Sport Federation World Cup 2019	Su Lei(70)
Analysis of the Effect of Specific Physical Training on the Skill Level of Golf Players	Ling Xiaopan, Liao Suping, Ling Shuo(73)
Influence on Chinese Elite Swimmers Balance Ability through Flume Training and FMS	Yin Wanli, Song Shan, Yang Honghui(76)
Analysis and Consideration on Chinese Guards from 2019 Men’s Basketball World Championship	Zhang Peibin(79)
The Application of Pattern Training Method in the Development of Jumping Ability of Triple Jump	Liu Lidan(81)
Performance Analysis and Prospect of Chinese Women’s Badminton Team in Tokyo Olympic Cycle	Shen Xin(83)

Physical Education Teaching

Analysis on the Measures to Build the Teaching Platform of Aerobics under the Background of Mooc	Xi Feifei(86)
--	---------------

Bulletin of Sport Science & Technology

Research on the Flipped Classroom Mode of College Calisthenics Based on Mooc Education Feng Ting(87)
College Students Mind Status and College Public PE Class Reform under the View of Curricula of Ideological and Political Education Fu Xinyu, Yao Yazhong(88)

Research on the Reform of College Physical Education Based on College Students' Physical Health Jia Bingtao, Yan Qianyong(90)

The Origin and Development of the Conceptual Physical Education Curriculum Reform in American Universities Lu Jinhua(92)

Skills and Methods Analysis on College Tennis Training Ma Jie(95)

Research on the Construction Path of Flipping Classroom Mode in Physical Education Teaching Zhang Changjun(98)

Exploration on Menu Method in Specific Skill Teaching under the Background of High School Sport Specification

——Take Women's Volleyball Front Spike Teaching in Datong Middle School as An Example Tao Kexiong, Feng Shangxin(99)

Discussion on the Value of Demonstration Method in College Wushu Teaching Geng Yingying(100)

Research on the Transformation of Physical Education Teachers' Teaching Behavior under the Concept of "Health First" Ma Kui(103)

Problems in the Teaching of Children's Sport Dance in China Wang Pei, Wang Jinli(106)

Feasibility of Developing Street Dance Course in College Public Sport Departments Wang Xi(108)

Sport for all

Home Fitness Guidance for Primary and Secondary School Students in China in the Context of the Epidemic Xu Yanping(111)

Research on the Development Strategy of Chinese Naturalized Players Based on SWOT Quantitative Analysis Model

..... Gong Chengfei(113)

A Study on Swimming Learning of Deaf-mute Children Qi Haitao(115)

Analysis on the Causes of Aggressive Behavior of Basketball Players Chang Yuanbo(117)

Study on Factors Affecting the Training Motivation of College Tennis Players Chen Haozhong(119)

Dynamic Analysis of Meizhou Primary and Middle School Students Physical Health from 2015 to 2018

..... Li Cheng, Lei Yanjuan, Yu Yongping(123)

Changes in Female Fitness Stages Based on Behavior Change Theory Song Yanxiao(127)

Research on the Specific Training Methods of Youth Shot Putters Sun Shuai(130)

Research on the Current Situation and Influencing Factors of Physical Exercise of Graduate Students in Sichuan University

..... Zhao Dongdong(133)

Sport Industry

Research on the Construction of "Sports + Tourism" Characteristic Sports Town in Hunan Province Li Qian(136)

Chinese Campus Tee-ball Development Strategy Research based on SWOT Analysis Wang Jun(138)

SWOT Analysis of Sports Tourism Development in Coastal Area in China Duan Lian, Duan Li(141)

Current Situation Analysis and Countermeasures Research on National City Marathon Events Hot Liu Tianpeng(144)

Research on the Present Situation and Countermeasures of Marketing Strategy of CY Yoga Studio in Taiyuan City

..... Zhang Siqi, Wang Jingjing, Yuan Wenxue(148)

Multicultural Sports

70 Anniversary Based on "Healthy China" Strategy

——Practical Research on Rural National Traditional Sport Participation Xia Chenyang, Dong Libo(151)

Football Development Status in Henan Province Zhu Zhiguo, Zhang Haifeng, Mao Weiguo(154)

Research on the Development of "15 Minutes Fitness Circle" in Xuchang City under the Background of National Fitness

..... Sun Yanfei(155)

Current Situation and Trend of Sport Field Violence Study in China Xu Luyuan(158)

Sport Review

Analysis and Development Countermeasures Research on the Current Situation of Campus Football Development in Primary and Secondary Schools Huang Qineng(161)

Research on the Status Quo and Development of Long-distance Running of Luoyang Residents Deng Yongjing(163)

An Empirical Study on the Intervention of Physical Exercise on Internet Addiction among Middle School Students Zhang Qingfeng(166)

Community Basketball Status Analysis in Jinshui District of Zhengzhou City

——Take Zhangzhuang Community as An Example Shi Meng(168)

Current Situation and Development Countermeasures of Reserve Talents in Meizhou Football Clubs

——Take Meizhou Hakka Football Club as An Example Huang Bin(171)

Exploring on the Common Injury of College Students' Basketball and Its Prevention Sun Yakun(175)

Research on the Development Mode of Competitive Tennis in Colleges and Universities Wang Yao, Xie Xianghe, He Changchun(177)

BULLETIN OF SPORT SCIENCE & TECHNOLOGY

Vol. 28, No. 9, Sep. 2020

Administrated by General Administration of Sport of China

Sponsored by China Sport Information Center

Edited by Editorial Department of Bulletin of Sport Science & Technology

Address: 11 Tiyuguan Road, Beijing, P. R. China

ZIP Code: 100061

Tel: 86-10-87183059/Fax: 86-10-87183061

E-mail: tiyutongbao@sina.com