

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

12

2021年

第29卷

总349期

ISSN 1005-0256



12>

9 771005 025053



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:李业武

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:010-87183011

传 真:010-87183061

官网地址:<http://www.sport.gov.cn/tykjjxth/>

投稿邮箱: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:廊坊市洪峰印刷有限公司

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

期刊出版许可证京京期出证字第8262号

广告许可证:京东工商广字第8067号

2021年第29卷第12期(总第349期)

2021年12月20日出版

定价:全年180元 单册:15元

万方数据

CONTENTS

目 录

课题成果

- 1 新时代加强中国特色社会主义体育文化建设的路径探折 刘洋
- 3 全国性单项体育协会实体化改革研究 蔡旭东,简捷,刘伟,陈凌凯,徐森,马增华
- 6 大众体育赛事标准化建设研究 孔至达,史铁军,曹雪静,陈莲,袁博,庞清友
- 8 以啦啦操发展新模式助推体教深度融合 唐金山,滕卫华,苏琨,李潇潇,张彧,刘小林,姚峰,朱雷
- 12 全国青少年校园足球“满天星”训练营外籍教练工作效果及影响因素研究 李培,贺元元
- 15 运动介导 miRNA 调控阿尔茨海默症的研究进展 陈思,朱磊
- 19 《大型赛会志愿服务浙江地方标准》实施现状与应用建议研究 倪方隅,杨明
- 23 价值、问题与路径:重审新时期武术申奥的机制研究 王鑫磊,范铜钢
- 26 运动神经元的模型研究方法 徐伟航
- 29 商业健身俱乐部的现实困境与发展策略 陈莉,吴凤巧
- 31 传统养生八段锦练习对大学生身体成分影响的实验研究 张胜林,牛怡斌,谢兵锐,等
- 33 道德推脱、学习氛围对青少年体育学习偏差行为的影响 叶勍,张欢
- 38 湘潭市雨湖区老年人体育健身运动开展现状及发展对策研究 李志鹏,赵志明
- 44 大健康背景下 16 周体适能干预课程对大学生体质水平的影响研究 夏秋冬,郑拯
- 49 运动对骨性关节炎干预作用的研究 宋九龙
- 53 静水皮划艇项目生理生化监控研究进展 王志敏,刘军,陈先忠
- 57 “互联网+教育”背景下不同反馈方式在排球教学中的应用效果研究 王志军,李明华,张晶晶
- 61 疫情后五年制高职学校体育融入健康教育的思考 李龙江,袁玲玲
- 63 我国社会体育指导与管理专业人才核心竞争力相关问题的研究 刘仁憨,郭茹芳
- 67 HIIT 干预 T2DM 患者效应 SRs/MAs 再评价研究的策略与方法 谭军,郑澜,丁盟
- 71 水疗对膝骨关节炎患者治疗效果 meta 分析 王立冬,谢迅,郭野,等
- 77 5-6 年级学生体质测试成绩与其身体素质的关系研究 龙吴平,李静,田青青
- 81 II型糖尿病、血乳酸和运动关系研究进展 高慧敏,何文革,杨贤罡,等
- 84 男子 110 米栏的体能训练方案 侯金宝,苑廷刚,刘嘉伟
- 87 VAR 技术介入足球运动越位判罚的实践反思与规则优化 宋梦杰
- 90 不同省份“00 后”女医学生的体质健康调查研究 甘诗培,费宁,左永媛,等

Bulletin of Sport Science & Technology

2021年第12期

竞技论坛

- 92 睡眠对篮球运动员竞技表现的影响研究 … 武宝爱,徐冲
94 拉丁舞“脊椎还原”技术的实战运用 … 李子骞
98 世界优秀男子铁人三项运动员竞技能力形成的时序特征分析 … 陶焘,李建霞,蒋政军,等
101 海军五项运动员选拔条件的分析研究 … 武鸿禹,谭志宏
104 体育院校优秀女子摔跤运动员个性化力量训练的研究 … 陈幸,卢俊兵,孙健,等
107 女排世界杯高水平球队攻防能力等级评价研究 … 焦明月
113 功能性训练提高青少年足球运动员下肢本体感觉和力量的实验研究 … 李嘉祺
116 费德勒温网发球数据分析及特征研究 … 田国辉,周曙,王伟,等
119 2019–2020赛季CBA前锋竞技表现评价体系建构与分析 … 王帅,李大新
122 2020–2021赛季CBA常规赛各球队攻防综合能力的RSR分析 … 朱卓轩,李国兴
126 对林高远、马龙接发球技术使用对比分析 … 陈浩中
130 广东省优秀男子跆拳道运动员2020年冬训阶段体能训练评测与监控 … 李观茹,秦子晴,李端英,等
133 广东省男子跆拳道队高水平运动员技战术特征分析 … 秦子晴,李观茹,李端英,等

教学探索

- 137 体教融合背景下高校跆拳道高水平运动队教练员成长路径 … 梁潇,陈朝辉
139 疫情常态下,体育教学创新浅谈 … 李首一
140 美国体育教育专业人才培养研究及启示 … 仇风光,黄景旸,郭兆霞
145 基于学生需求,借助家校协作,提升小学线上体育课实效的实践探究 … 李小龙
148 体育教师线上教学胜任力评价体系研究 … 江川
151 动态分层次教学在篮球课教学中的质量提升效果研究 … 陈佩翔,张铁雄
154 发展哈萨克族传统体育在高校校园体育文化建设中的作用与影响 … 陈谦
157 探讨WSR在运动生理学教学评价中的应用 … 龚旭阳,马国东
160 探究小学体育教学中培养学生团队凝聚力的途径和方法 … 武晓昱

群体研究

- 162 基于二项分类Logistic回归模型的我国居民体育锻炼参

与影响因素的研究 … 刘强,张一桥

- 165 老年人体育锻炼动机研究 … 焦然
166 疫情期大学生居家锻炼体育行为及影响因素的研究 … 王金燕,张朋
171 深圳市商业健身中心私教会员基本特征分析研究 … 张琦,秦毅

产业探讨

- 176 基于体育产业快速发展背景下我国体育培训发展对策研究 … 孙金金,宋丹
179 体育消费券的政策性评估 … 魏莉莉,邢尊明

综述报告

- 183 不同抗阻形式的复合式训练对下肢爆发力影响的比较研究 … 王泽
186 全面建成小康背景下关于体育作用机制的思考 … 桂元保,喻强,庞鹭
190 中国女子标枪国际竞争态势研究 … 黄平,郑富强
195 日本双标水法的经验借鉴及对我国的启示 … 贾春雷,储志东
198 青少年体育俱乐部研究热点分析研究 … 贾文杰
200 体育强国背景下山西发展幼儿足球的困境及路径研究 … 李健
205 复方中药在抗运动性疲劳的应用研究 … 李荣静
209 衰老对骨骼肌脂代谢的相关调控因子的影响 … 刘兰芳,徐晓阳,齐园圃
211 FIFA11+kids热身练习对儿童足球运动员影响的系统综述 … 倪艺涵

- 215 高强度间歇训练与中等强度持续运动对超重/肥胖青年女性人群干预效果比较的Meta分析 … 牛银涛,朱美英,汪宇峰,等
221 一种篮球训练手套的研发和推广的可行性研究 … 薛白,史冬博
224 血流限制训练对老年人下肢骨骼肌形态力量及损伤影响的Meta分析 … 杨坤,王文斌,毕昌怡,等
230 吉林省女子冰壶运动员肩关节等速肌力特征研究 … 张肖楠,颜祥瑞
233 英式橄榄球灵敏素质测试综述 … 李荣荣,麻超越
237 2周军训对大学新生脊柱机能影响效果的研究 … 刘宏恩,王孝强,冯峰,等
241 髋部强化训练对女性跑步者髂胫束综合征康复的实验研究 … 徐尊
245 总目录

Bulletin of Sport Science & Technology

Contents

Subject Report

Exploration on the Path of Strengthening Socialism with Chinese Characteristics Sports Culture Construction in the New Era	Liu Yang(1)
Research on the Entity Reform of National Individual Sports Associations	Cai Xudong,Jian Jie,Liu Wei,Chen Lingkai,Xu Miao,Ma Zenghua(3)
Research on the Standardization Construction of Mass Sports Events	Kong Zhida,Shi Tiejun,Cao Xuejing,Chen Lian,Yuan Bo,Pang Qingyou(6)
Promoting the Deep Integration of Sports and Education with the New Model of Cheerleading Development	Tang Jinshan,Teng Weihua,Su Kun,Li Xiaoxiao,Zhang Yu,Liu Xiaolin,Yao Feng,Zhu Lei(8)
Research on Job Performance and Influential Factors of Foreign Coaches Employed by Chinese National Youth Campus Football STARS Training Bases	Li Pei,He Yuanyuan(12)
Research Progress on Exercise Mediated miRNA Regulation of Alzheimer's Disease	Chen Si,Zhu Lei(15)
Research on the Implementation Situation and Suggestions of "Zhejiang Provincial Local Standard: Specifications for Volunteer Positions at Large - Scale Contests"	Ni Fangyu,Yang Ming(19)
Value, Problem and Route: Re - examination on the Mechanism of Wushu Olympic Bid	Wang Xinlei,Fan Tonggang(23)
Model Research Methods on Motoneuron	Xu Weihang(26)
Practical Dilemma and Development Strategy of Commercial Fitness Club	Chen Li,Wu Fengqiao(29)
Experimental Study on the Effect of Traditional Health Preserving Baduanjin Exercise on College Students' Body Composition	Zhang Shenglin,Niu Yibin,Xie Bingrui,Chang Yue(31)
The Influence of Moral Disengagement and Learning Atmosphere on the Deviant Behaviors of Adolescent Physical Education Learning	Ye Qing,Zhang Huan(33)
Research on the Current Situation and Development Countermeasures of Physical Fitness for the Elderly in Yuhu District of Xiangtan City	Li Zhipeng,Zhao Zhiming(38)
Research on the Influence of the 16 - week Physical Fitness Intervention Course on the Physical Fitness Level of College Students under the Background of General Health	Xia Qiudong,Zheng Zheng(44)
Research on the Intervention Effect of Exercise on Osteoarthritis	Song Jiulong(49)
Research Progress on Physiological and Biochemical Monitoring Methods of Canoe Sprint	Wang Zhiming,Liu Jun,Chen Xianzhong(53)
Research on the Application Effect of Different Feedback Modes in Volleyball Teaching under the Background of Internet Plus Education	Wang Zhijun,Li Minghua,Zhang Jingjing(57)
Reflections on the Integration of Physical Education into Health Education in Five - year Vocational Schools after the Epidemic	Li Longjiang,Yuan Lingling(61)
Research on the Core Competitiveness of Social Sports Guidance and Management Professionals in China	Liu Renhan,Guo Rufang(63)
Strategies and Methods of SRs/Mas Re - evaluation of HIIT Intervention in Patients with T2DM	Tan Jun,Zheng Lan,Ding Meng(67)
A Meta - analysis on the Effect of Balneology on Patients with Knee Osteoarthritis	Wang Lidong,Xie Xun,Guo Ye,Wang Donghai(71)
Study on the Relationship between Grade 5 and 6 Students' Physical Test Results and Physical Fitness	Long Wuping,Li Jing,Tian Qingqing(77)
—Analysis Based on 2019 Primary School Students Physical Health Test Data	
Research Progress on the Relationship between Type II Diabetes, Blood Lactate and Exercise	Gao Huimin,He Wenge,Yang Xiangang,Zhao Yufeng,Zhang Xiang(81)
Physical Training Program for Men's 110 Meter Hurdles	Hou Jinbao,Yuan Tinggang,Liu Jiawei(84)
Practical Reflection and Rule Optimization of VAR Technology in Football Offside Penalty	Song Mengjie(87)
Investigation on the Physical Health of Female Medical Students Born After the Year 2000 in Different Provinces	Gan Shipei,Fei Ning,Zuo Yongyuan,Wang Jiaxing,Cai Wenting,Xin Hong(90)

Athletics Forum

Research on the Effect of Sleep on Basketball Players' Competitive Performance	Wu Baoai,Xu Chong(92)
Application on Spinal Restoration Skill in Latin Dance	Li Ziqian(94)
Analysis on Time Sequence Characteristics of Competitive Ability Formation of World Elite Male Triathlon Athlete	Tao Tao,Li Jianxia,Jiang Zhengjun,Wu Mingxia(98)
Analysis and Research on Selection Conditions of Naval Pentathlon Athletes	Wu Hongyu,Tan Zhihong(101)
Research on Individualized Strength Training of Outstanding Women Wrestlers in Sports Colleges	Chen Xing,Lu Junbing,Sun Jian,Sun Xinru(104)
Study on Evaluation of Offensive and Defensive Ability Levels of High - level Women's Volleyball Teams in World Cup	Jiao Mingyue(107)
Experimental Study on the Effect of Functional Training on Lower Body Proprioception and Strength of Youth Football Players	Li Jiaqi(113)
Data Analysis and Characteristics of Federer's Serve in Wimbledon	Tian Guohui,Zhou Shu,Wang Wei,Li Jun(116)
Establishment and Analysis on Performance Evaluation System of CBA Forwards in 2019 - 2020 Season	Wang Shuai,Li Daxin(119)
RSR Analysis of the Comprehensive Offensive and Defensive Ability of 2020 - 2021 CBA Regular Season Teams	Zhu Zhuoxuan,Li Guoxing(122)
A Comparative Analysis of Lin Gaoyuan and Ma Long's Use of Serve Skills	Chen Haozhong(126)
Evaluation and Monitoring of Physical Fitness Training of Guangdong Excellent Male Taekwondo Athletes in 2020 Winter Training	
方方数据	Li Guanru,Qin Ziqing,Li Duanying,Sun Jian(130)

Bulletin of Sport Science & Technology

Analysis on the Characteristics of Technique and Tactics of High – Level Athletes in Guangdong Men's Taekwondo Team Qin Ziqing, Li Guanru, Li Duanying, Sun Jian(133)

Physical Education Teaching

Research on the Development Path of High – level College Taekwondo Coaches under the Background of Sports and Education Integration Liang Xiao, Chen Chaohui(137)

Innovation of Physical Education Teaching Under Regular Epidemic Prevention Li Shouyi(139)

Research and Enlightenment of American Physical Education Teacher Education Program ——Take West Virginia University as An Example Qiu Fengguang, Huang Jingyang, Guo Zhaoxia(140)

Research on Improving Primary School Online Physical Education Based on Students Demands and With the Help of Home – school Cooperation Li Xiaolong(145)

Research on the Evaluation System of Physical Education Teachers'Online Teaching Competency Jiang Chuan(148)

Research on the Quality Improvement Effect of Dynamic Hierarchical Teaching in Basketball Teaching Chen Peixiang, Zhang Tiexiong(151)

The Role and Influence of Developing Kazak Traditional Sports in the Construction of Campus Sports Culture in Colleges and Universities ——Take Yili Normal University as An Example Chen Qian(154)

Exploration on the Application of WSR in Exercise Physiology Teaching Evaluation Gong Xuyang, Ma Guodong(157)

Exploring the Ways and Methods of Cultivating Students'Team Cohesion in Primary School Physical Education Wu Xiaoyu(160)

Sport for all

Study on the Influential Factor of Chinese Residents Participation in Physical Exercise Based on Binomial Classification Logistic Regression Model Liu Qiang, Zhang Yiqiao(162)

Study on the Motivation of Elderly Physical Exercise ——Take Xuzhou City as An Example Jiao Ran(165)

Research on Home Exercise Sports Behaviors and Influencing Factors of College Students during Epidemic Period Wang Jinyan, Zhang Peng(166)

Analysis and Research on the Basic Characteristics of Members with PT Service in Shenzhen Commercial Fitness Center Zhang Qi, Qin Yi(171)

Sport Industry

Research on the Countermeasures of Chinese Sports Training Based on the Rapid Development of Sports Industry Sun Jinjin, Song Dan(176)

Political Evaluation of Sports Consumption Voucher Policy ——Take the Data of 9 Prefectures and Cities in Fujian Province as An Example Wei Lili, Xing Zunming(179)

Sport Review

Comparative Study on the Influence of Different Resistance Forms of Complex Training on the Explosive Force of Lower Body Wang Ze(183)

Consideration on the Function Mechanism of Sports under the Background of Building A Well – off Society Gui Yuanbao, Yu Qiang, Pang Lu(186)

Study on the International Competition Situation of Chinese Women Javelin Huang Ping, Zheng Fuqiang(190)

Experience and Enlightenment of Japanese Doubly Labeled Water Jia Chunlei, Chu Zhidong(195)

Analysis and Research on Hot Spots of Youth Sports Clubs Jia Wenjie(198)

Research on the Dilemma and Path of Developing Kids Football in Shanxi Province under the Background of Sports Powerhouse Li Jian(200)

Application of Compound Chinese Medicine in Anti Exercise Fatigue Li Rongjing(205)

Effects of Aging on Related Regulatory Factors of Lipid Metabolism in Skeletal Muscle Liu Lanfang, Xu Xiaoyang, Qi Yuantu(209)

The Effects of FIFA11 + kids Warm – up Exercises on Children Players: A Systematic Review Ni Yihan(211)

The Intervention Effect of High – intensity Interval Training and Moderate – intensity Continuous Exercise in Overweight / Obese Young Women: A Meta – analysis Niu Yintao, Zhu Meiyang, Wang Yufeng, Shen Mengying(215)

Feasibility Study on the Development and Promotion of Some Basketball Training Glove Xue Bai, Shi Dongbo(221)

Meta – analysis on the Effects of Blood Flow Restriction Training on the Morphology, Strength and Injury of Elderly Lower Body Skeletal Muscles Yang Kun, Wang Wenbin, Bi Changyi, Long Xiaosong, Yang Guangle, Gui Yuanbao(224)

Characteristics of Shoulder Isokinetic Muscle Strength of Jilin Female Curling Players Zhang Xiaonan, Yan Xiangrui(230)

A Review of Agility Testing in Rugby Li Rongrong, Ma Chaoyue(233)

Effect of Two Weeks' Military Training on the Spinal Function of Freshmen Liu Hongen, Wang Xiaoqiang, Feng Feng, Liu Rong(237)

Experimental Study of Hip Intensive Exercise on Rehabilitation of Iliotibial Tract Syndrome in Female Runners Xu Zun(241)



BULLETIN OF SPORT SCIENCE & TECHNOLOGY

Vol. 29, No. 12, Dec. 2021

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: 86-10-87183011/Fax: 86-10-87183061

E-mail: tiyutongbao@sina.com

万方数据