

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

# 1

2022年

第30卷

总350期

ISSN 1005-0256



9 771005 025053 1

万方数据



# CONTENTS

## 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/tykjwxtb/>

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

期刊出版许可证京期出证字第8262号

广告许可证:京东工商广字第8067号

2022年第30卷第1期(总第350期)

2022年1月20日出版

定价:全年180元 单册:15元

万方数据

## 目 录

### 竞技体育

- 1 韩国雪车的崛起对我国备战北京2022年冬奥会的启示  
..... 韩艳丽,许寿生,吴迎
- 6 探析湖北省小轮车运动员选材现状及方法  
..... 喻倩倩,魏华,李姝姝,李可乐
- 9 我国跆拳道女子重点选手郑姝音主要对手技战术应用分析  
..... 窠燕,赵巧,秦志明
- 11 上海市一线运动员心理服务需求现状调研  
..... 陆佳玲,钱风雷,仇凯凯,等
- 14 第32届奥运会中国女子三人制篮球与对手技术统计比较分析  
..... 马俊辉,郭海峰,康冬阳,等
- 17 田径运动员损伤防治中的营养策略 ..... 张俭
- 20 传统深蹲和铁链深蹲训练对下肢最大力量和爆发力的影响  
..... 杜黎明,朱晓兰,程鹏,等
- 23 下肢离心训练对足球运动员快速力量的影响分析 ..... 李春峰
- 27 8周绳梯训练对篮球运动员脚步动作灵敏性和脚步移动技术  
能力影响的实证研究 ..... 章国峰,戴兴鸿
- 30 新规则下世界男子跳马技术特征分析及我国男子跳马发展趋势  
..... 冉旭
- 34 世界优秀羽毛球男子单打后场技战术行动与成绩关系的研究  
..... 陈穗钦
- 37 广东省女子摔跤队冬训期训练特征研究 ..... 莫庸
- 39 北京2022年冬奥会单板滑雪平行大回转项目专项力量训练策略  
研究 ..... 常龙强
- 42 世界顶尖男子网球双打比赛中“澳式站位”应用成功率分析  
..... 黎镇鹏,谢炜帆,李志敢,等
- 46 间歇性低氧训练对拳击运动员无氧和有氧能力的影响  
..... 蔺媛媛,田忠新
- 49 2020-2021赛季CBA职业联赛后卫攻防能力的综合评价研究  
..... 罗家威,马一鸣
- 53 第28-32届奥运会投掷项目运动员年龄特征发展趋势研究  
..... 秦国阳
- 58 2020-2021年中日优秀羽毛球女双运动员技战术特征分析 ... 张瑞
- 61 基于PAP效应的热身方案在铅球项目训练与比赛中的应用  
..... 杨坤,宦承好
- 65 优秀女子举重运动员赛前情绪和意志品质的关系研究  
..... 陈远鑫,周璐
- 67 世界女子硬地网球单打综合实力评价与回归模型预测分析 ... 邹鑫
- 71 李矛指导后中国羽毛球运动员谔龙的技战术变化分析  
..... 李陵,郭太玮
- 73 东京奥运会中美日获奖项目特征比较分析 ..... 孙梓航,谢昊霖

### 群众体育

- 78 运动对男性生殖功能的影响及机制研究进展  
..... 廖粤生,吕园,白莉莉
- 83 运动干预对吸食不同种类毒品女性强制隔离戒毒  
人员情绪及体适能的影响 ... 朱宣金,王航平,包莉
- 87 “健康中国”视阈下少数民族青少年身体形态变化  
动态分析 ..... 杨春林,王玉洪,张琪,等
- 91 门球活动对≥65岁老年人身体素质与心血管功能  
指标的影响分析 ..... 彭志辉,陈昊翔
- 94 “双减”政策下我国少儿乒乓球俱乐部开展的现实  
困境与应对之策 ..... 顾若辰,郑天晨
- 96 “健康中国 2030”背景下群众体育中“另类”健身的  
成因、消极影响与治理路径 ..... 李绍凯
- 99 老年肌少症的运动干预研究进展  
..... 吴敏,王剑,杜宇
- 105 针对性核心训练对存在腿长差异的非特异性腰疼  
人群长期疗效研究 ..... 毛康哲,王秋生,秦振翼
- 109 56 式陈式太极拳运动强度及其能量消耗探究  
..... 华世民,蔡菊,韦伟南

### 学校体育

- 112 大众传媒体育信息对大学生体育影响的研究热点  
及趋势分析 ..... 王雪峰,叶小瑜
- 116 疫情时期高校高水平运动队教练员执教策略 ..... 王清梅
- 119 高强度间歇训练对青少年身体成分和心肺适能的  
影响 ..... 张志勇,李端英,孙健,等
- 124 热身活动对“国家学生体质健康测试”成绩的影响  
..... 张志雷
- 127 高校院校体育专业借助虚拟仿真技术辅助教学的  
重要性及其对策研究 ..... 杨文意,田春兰
- 131 “健康中国 2030”视域下高校体育教师“三维立体式”  
下院指导课外体育活动模式探究 ..... 黄文武,王星
- 134 问题导向下羽毛球高远球技术教学实验研究 ..... 吴海英
- 136 ITN 测试在高校网球训练中的实证研究 ..... 吴清源
- 141 安徽省青少年体校教练员训练评价素养现状与分析  
..... 孙涛,李云卿
- 145 新时代“体教融合”背景下高校体育“多维度、数字化”  
教学研究 ..... 赵新民
- 150 “双减”背景下中学生体测成绩与学习成绩的相关性  
研究 ..... 孔令冲,李良明
- 154 校园足球教练员训练行为分析 ..... 耿进
- 157 基于加拿大体育素养 PLAY 测评体系对山东省体育  
中考测试的启示 ..... 刘豪杰,代刚
- 161 跨学科考生报考体育类研究生的现状及利弊分析  
..... 李栋

- 163 美国体育学博士教育评估体系的探析及启示 ..... 姜晓涵
- 167 基于 SEM 模型的中学生体育健康行为调查研究  
..... 劳家杰,顾翎名,汤根
- 172 基于三维政策工具框架的我国校园网球政策研究  
..... 刘贝

### 体育产业

- 177 金钱沉没成本效应对观赏性体育消费决策的影响  
..... 常伯深,王昊,施展浩
- 179 全域旅游视域下陕西红色旅游可持续发展路径选择  
..... 许万林,许燕,王云升
- 182 浅析体育赛事售票系统错票问题的对策研究 ..... 戈俊
- 185 需求导向下公共体育服务供给探究  
..... 徐延丽,韩亚蒙,徐浩然,等
- 188 一种跆拳道平衡训练器的研发  
..... 王程辉,黄亮华,曾梦琴
- 190 新疆民族传统体育与旅游融合发展驱动因素及  
提升路径研究 ..... 艾斯卡尔·巴吐尔,敬龙军
- 195 我国体育产业数字化转型的机遇、挑战与对策  
..... 刘尹,敬龙军,陈秀宇
- 199 基于层次分析法的公共体育服务评价体系构建  
..... 钱洵,孙锋
- 204 德国工业 4.0 视野下亚太地区体育器材产业发展的  
特征及启示 ..... 魏敏,王龙飞
- 209 我国电子竞技用户特征的审视及优化路径研究  
..... 余蓉晖,谭维扬,李慈心,等
- 214 东京奥运会延期的多维影响与应对之道研究 ..... 张文蒙
- 219 我国体育产业数字化人才培养困境与思路  
..... 郭晓禹,李良明
- 223 大学生线上观看 CBA 联赛满意度影响因素研究  
..... 孙晨宾,孙金蓉
- 228 我国大型体育赛事风险规避研究 ..... 宁怡夏,吴明才

### 其他研究

- 231 新民主主义革命时期中国共产党领导体育工作的基本  
经验和启示 ..... 白杨
- 234 桂西北少数民族传统体育的心态文化及其新时代延伸  
..... 王晓晨,乔媛媛,潘兰芳,等
- 237 士兵负重、损伤与康复 ..... 喻伯海,孙庆浩,黄鸿办
- 239 浙江省数字体育建设“十四五”规划研究  
..... 赵谷,陈晓斌,余涛,等
- 243 生理状态实时监测在军事中的应用研究  
..... 徐盛嘉,蒋伟东,赵凤雏,等
- 247 大型体育赛事犯罪风险评估及防范 ..... 韩洋
- 253 持续性内向电流对运动调节的研究进展与展望  
..... 王星宇

# Contents

## Elite Sport

The Enlightenment of the Rise of South Korean Bobsleigh for China to Prepare for 2022 Beijing Winter Olympic Games ..... Han Yanli, Xu Shousheng, Wu Ying (1)

On the Current Situation and Methods of BMX Athletes Selection in Hubei Province ..... Yu Qianqian, Wei Hua, Li Shushu, Li Kele (6)

Analysis of the Technical and Tactical Applications of the Main Opponents of China's Key Female Taekwondo Athlete Zheng Shuyin  
 ——A Case Study of Turkey's Nafia KUS ..... Dou Yan, Zhao Qiao, Qin Zhiming (9)

Investigation on Shanghai Elite Athletes' Psychological Service Demand ..... Lu Jialing, Qian Fenglei, Qiu Kaikai, Ren Limin, Luo Jun (11)

A Comparative Analysis of the Technology Statistics between Chinese and Opponents Women's Three Player Basketball in the 32nd Olympic Games ..... Ma Junhui, Guo Haifeng, Kang Dongyang, Yan Jiahui, Zhao Xuezhong (14)

Nutritional Strategies in the Prevention and Treatment of Track and Field Athletes' Injury ..... Zhang Jian (17)

The Influence of Traditional Squat and Chain Squat on the Maximum Strength and Explosive Force of Lower Limbs ..... Du Liming, Zhu Xiaolan, Cheng Peng, Wang Shuo (20)

Analysis of the Influence of Lower Limb Eccentric Training on Football Players' Fast Strength ..... Li Chunfeng (23)

An Empirical Study on the Effect of 8 Weeks Agility Ladder Training on Footwork Agility and Skill of Basketball Players ..... Zhang Guofeng, Dai Xinghong (27)

Analysis on the Technical Characteristics of World Men's Vault and the Development Trend of China's Men's Vault under the New Rules ..... Ran Xu (30)

A Study on the Relationship between the Tactical Action and Achievement in the Backcourt among World Excellent Badminton Men's Singles ..... Chen Suiqin (34)

Research on Training Characteristics of Guangdong Woman's Wrestling Team in Winter Training ..... Mo Yong (37)

Research on Specific Strength Training Strategy of Snowboarding Parallel Giant Slalom in 2022 Beijing Winter Olympic Games ..... Chang Longqiang (39)

Analysis on Success Rate of "Australian Positioning" in World Top Men's Tennis Doubles  
 ——Take the Four Grand Slam Finals as Examples ..... Li Zhenpeng, Xie Weifan, Li Zhigan, Huang Linjie (42)

Effect of Interval Hypoxia Training on Aerobic and Anaerobic Ability of Boxers ..... Lin Yuanyuan, Tian Zhongxin (46)

A Comprehensive Evaluation Study on the Offensive and Defensive Ability of CBA Guards in 2020 - 2021 Season ..... Luo Jiawei, Ma Yiming (49)

Research on the Age Characteristics and Development Trend of Throwing Athletes in the 28th - 32nd Olympic Games ..... Qin Guoyang (53)

Analysis on Technical and Tactical Characteristics between Sino - Japan Elite Badminton Players from 2020 to 2021 ..... Zhang Rui (58)

Application of Warm - up Scheme in Training and Competition of Shot Put Based on PAP Effect ..... Yang Kun, Huan Chengyu (61)

Study on the Relationship between Pre - competition Mood and Will Quality of Excellent Women Weightlifters ..... Chen Yuanxin, Zhou Lu (65)

Comprehensive Strength Evaluation and Regression Model Forecast Analysis of World Women's Hard Court Singles ..... Zou Xin (67)

Analysis on Chinese Badminton Player Chen Long's Technical and Tactical Change After Coached by Li Mao ..... Li Ling, Guo Taiwei (71)

Comparative Analysis on the Characteristics of Medals Won by China, the United States and Japan in Tokyo Olympic Games ..... Sun Zihang, Xie Haolin (73)

## Sport for All

Advances in Research on the Effects and Mechanisms of Exercise on Male Reproductive Function ..... Liao Yuesheng, Lv Yuan, Bai Lili (78)

Influence of Exercise Intervention on Emotion and Physical Fitness of Female Drug Abusers in Compulsory Isolation ..... Zhu Xuanjin, Wang Hangping, Bao Li (83)

Dynamic Analysis on the Body Shape Changes of Minority Adolescents from the Perspective of "Healthy China" ..... Yang Chunlin, Wang Yuhong, Zhang Qi, Wu Ting, Lu Guoxiang, Wang Heyan (87)

Effects of Gateball on Physical Fitness and Cardiovascular Function Indicators among Elderly over 65 ..... Peng Zhihui, Chen Haoxiang (91)

Realistic Dilemma and Countermeasures of Children's Table Tennis Club under the "Double Reduction" Policy ..... Gu Ruochen, Zheng Tianchen (94)

Cause, Negative Influence and Management Path of Alternative Fitness in Mass Sports under the Background of "Healthy China 2030" ..... Li Shaokai (96)

Research Progress on Exercise Intervention in Elderly Patients with Sarcopenia ..... Wu Min, Wang Jian, Du Yu (99)

Long - term Effect of Targeted Core Training on Nonspecific Low Back Pain Patients with Leg Length Difference ..... Mao Kangzhe, Wang Qiusheng, Qin Zhenyi (105)

Research on Exercise Intensity and Metabolic Consumption of the 56 Style Chen Style Taijiquan ..... Hua Shimin, Cai Ju, Wei Weinan (109)

## Physical Education

Research Hotspot and Trend of Mass Media Sports Information's Influence on College Students ..... Wang Xuefeng, Ye Xiaoyu (112)

Coaching Strategies of High - level Sports Team Coaches in Colleges and Universities during Epidemic Period ..... Wang Qingmei (116)

Effect of High - intensity Interval Training on Youth Body Composition and Cardiorespiratory Fitness ..... Zhang Zhiyong, Li Duanying, Sun Jian, Ji Hongshen, Lu Junbing (119)

The Influence of Physical Education - up Activities on the Results of "National Students Physical Health Test" ..... Zhang Zhilei (124)

Research on the Importance and Countermeasures of Assisting Teaching in College Sport Majors with the Help of Virtual Simulation Technology .....	Yang Wenyi, Tian Chunlan (127)
Research on the “Three – dimensional” Guidance Mode of Extracurricular Sports Activities by College Physical Education Teachers from the Perspective of “Healthy China 2030” .....	Huang Wenwu, Wang Xing (131)
Problem – oriented Experimental Research on Badminton Deep Clear Teaching .....	Wu Haiying (134)
An Empirical Study of ITN Test on Tennis Training in Colleges and Universities .....	Wu Qingyuan (136)
Current Situation and Analysis of Training Evaluation Literacy of Coaches in Youth Sports Schools in Anhui Province .....	Sun Tao, Li Yunqing (141)
Research on “Multi – dimensional and Digital” College Physical Education under the Background of Integration of Sport and Education in the New Era .....	Zhao Xinmin (145)
Study on the Correlation between Middle School Students Physical Health and Academic Achievements .....	Kong Lingchong, Li Liangming (150)
Analysis on Coaching Behaviors of Youth Soccer Coaches .....	Geng Jin (154)
Enlightenment of the Canadian Physical Literacy PLAY Assessment System to the Senior High School Entrance Examination of Physical Education in Shandong Province .....	Liu Haojie, Dai Gang (157)
Analysis of the Current Situation and Pros and Cons of Cross – disciplinary Candidates Applying for Postgraduate Application in Sport .....	Li Dong (161)
Analysis and Enlightenment of the Evaluation System of Doctoral Education in Sports in the United States .....	Jiang Xiaohan (163)
Research on the Intervention of Middle School Students’ Sports Health Behavior based on Structural Equation Modeling .....	Lao Jiajie, Gu Xuming, Tang Gen (167)
Research on Campus Tennis Policy in China Based on Three – dimensional Policy Tool Framework .....	Liu Bei (172)

## **Sport Industry**

Influence of Sunk Cost Effect of Money on Consumption Decision of Ornamental Sports .....	Chang Boshen, Wang Hao, Shi Zhanhao (177)
The Road Map to Sustainable Development of Shaanxi “Red Tourism”: A Perspective of All – For – One Tourism .....	Xu Wanlin, Xu Yan, Wang Yunsheng (179)
Analysis on the Countermeasures for Wrong Tickets in Sports Event Ticketing System .....	Ge Jun (182)
Demand – oriented Public Sports Service Supply ——A Case Study of Xiong’ an New Area .....	Xu Yanli, Han Yameng, Xu Haoran, Wang Junming, Rong Wenchao, Wang Chensong (185)
Research on a Taekwondo Balance Training Device .....	Wang Chenghui, Huang Lianghua, Zeng Mengqin (188)
Research on the Driving Factors and Promotion of the Integration of Xinjiang Traditional Sports and Tourism .....	Aisikaer Batuer, Jing Longjun (190)
Opportunities, Challenges and Countermeasures for the Digital Transformation of China’s Sports Industry .....	Liu Yin, Jing Longjun, Chen Xiuyu (195)
Construction of Public Sports Service Evaluation System Based on Analytic Hierarchy Process .....	Qian Xun, Sun Feng (199)
The Characteristics and Enlightenment of Sports Equipment Industry Development in Asia – pacific Region from the Perspective of German Industry 4.0 .....	Wei Min, Wang Longfei (204)
Research on the Characteristics of E – sports Users in China and Its Optimization Path .....	Yu Ronghui, Tan Weiyang, Li Cixin, Li Xinze (209)
Research on The Multi – Dimensional Influence and Countermeasures of the Postponement of Tokyo Olympic Games .....	Zhang Wenmeng (214)
Difficulties and Ideas of Digital Talent Training in China’s Sports Industry .....	Guo Xiaoyu, Li Liangming (219)
Research on Factors Influencing College Students’ Satisfaction on Online CBA Matches Watching .....	Sun Chenbin, Sun Jinrong (223)
Research on Risk Aversion of Large – scale Sports Events in China ——Take Baiyin 100km Cross Country Event as An Example .....	Ning Yixia, Wu Mingcai (228)

## **Miscellaneous Research**

The Basic Experience and Enlightenment of the Leadership of the Chinese Communist Party on Sport in the New Democratic Revolution .....	Bai Yang (231)
The Psychological Culture of Traditional Sports of Minority Nationalities in Northwest Guangxi and Its Extension to the New Era .....	Wang Xiaochen, Qiao Yuanyuan, Pan Lanfang, Sun Qingbin, Wang Biao (234)
Soldiers’ Weight Bearing, Injury and Recovery .....	Yu Bohai, Sun Qinghao, Huang Hongban (237)
Research on the “14 <sup>th</sup> Five Year Plan” of Digital Sports Construction in Zhejiang Province .....	Zhao Gu, Chen Xiaobin, Yu Tao, Kong Weifeng (239)
Real – time Physical Status Monitoring and Military Application .....	Xu Shengjia, Jiang Weidong, Zhao Fengchu, Bian Pengfei (243)
Research on Prevention of Medical Violent Injury Crime Based on Risk Assessment .....	Han Yang (247)
Research Progress and Prospects of Persistent Inward Current on Exercise Regulation .....	Wang Xingyu (253)

## **BULLETIN OF SPORT SCIENCE & TECHNOLOGY**

**Vol. 30, No. 1, Jan. 2022**

**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 Tiyyugan Road, Beijing, P. R. China

**ZIP Code:** 100061

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

**E-mail:** tyutongbao@sina.com