

Construction Strategy of Injury Prevention Mechanism in Taekwondo Teaching in Colleges and Universities in the New Era

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Abstract: Taekwondo has entered university elective courses and has been widely welcomed by students. However, in the teaching and training practice of Taekwondo, sports injuries often occur, and it has become one of the key points that need attention. At present, common sports injuries in teaching and training of college Taekwondo include bruises, sprains, abrasions, and chronic injuries. There are two main causes: subjective and objective. For the causes, we must develop a teaching movement around Taekwondo. The ultimate goal of injury prevention mechanism and development of construction strategies is to lay the foundation for the effectiveness of Taekwondo teaching in colleges and universities, and promote the physical and mental health of college students.

1. Introduction:

Taekwondo is a freehand fighting technique that originated on the Korean peninsula. As a popular sport, it has become popular in China once it has been promoted. There are endless clubs around the Taekwondo project, and it has also entered the optional courses of colleges and universities to achieve all-round development. However, sports injury problems occur in Taekwondo teaching from time to time, which also causes the teaching effect of Taekwondo optional courses to be greatly reduced. How to avoid the occurrence of injury, we must establish a safeguard mechanism and optimize the Taekwondo optional class environment.

2. Common Injuries in Taekwondo Teaching in Colleges

Judging from the characteristics of Taekwondo, it emphasizes a kind of fighting or confrontation with hands and feet. This will inevitably cause sports injuries in the teaching and training of Taekwondo. Based on the current academic research results and the development of Taekwondo elective courses, it is determined that common Taekwondo sports injuries include bruises, sprains, abrasions, chronic injuries, etc. These problems often occur and have an impact on the effectiveness of Taekwondo teaching. The education ideology of "safety first" contradicts [1].

2.1 Bruises

Contusion refers to the condition that the subcutaneous tissue is injured without the skin breaking. In the teaching and training of college Taekwondo, contusion will occur due to kicks, punches, or physical collisions. The most common parts of bruises are toes, feet, calves, arms, and torso [2].

2.2 Sprain

Sprain is a kind of closed soft tissue injury. The occurrence of sprain is one of the common injuries of Taekwondo. It often occurs under the action of external force, which causes the joint to move in an extraordinary range, causing damage to the medial and lateral joint ligaments. Joint injuries often occur in taekwondo, including ankle, knee, toe and wrist joints.

2.3 Abrasions

Taekwondo has more physical contact, and the probability of abrasions is more common and

frequent than other types of sports injuries. In the teaching and training of Taekwondo, students need to wear corresponding protective gear, and during the practice, the boxing, foot surface, upper and lower limbs and other parts are extremely prone to abrasions. Starting from the actual situation of Taekwondo teaching, the main parts of abrasions include the foot surface, face, sole of the foot or elbow joint [3].

2.4 Chronic Injury

The emergence of chronic injuries is a sports injury that occurs during long-term participation in Taekwondo training. Taekwondo is more antagonistic. If college students lack sufficient physical exercise, sports injuries will occur during long-term exercise, which can easily cause chronic injuries to the ankle, knee, and lumbar spine joints.

3 Causes of Common Injuries in College Taekwondo Teaching in The New Era

An analysis of common injuries in Taekwondo teaching in colleges and universities in the new period reveals that the emergence of these injuries is a more common problem in Taekwondo teaching. In order to properly handle the existence of these problems, it is necessary to analyze the causes, starting from two aspects, subjective and objective. The subjective reasons include ideological problems, students' physical fitness problems, and preparation problems before teaching Taekwondo; the objective reasons include training arrangements, venue facilities and external conditions, exercise amount arrangements, etc. [4].

3.1 Subjective Reasons

The analysis of subjective causes should start from the following aspects: First, the students' ideological problems. Taekwondo is an optional course in colleges and universities, and the participating groups are usually more interested in the Taekwondo movement itself. However, in the training process, there is often a lack of concentration. Blindly imitating the difficult movements of Taekwondo is extremely prone to sports injuries. . Second, the physical condition of students. Taekwondo has higher requirements on the students' physical fitness. Many students who do not meet the physical fitness standards participate in the optional classes of Taekwondo. The existence of differences in strength, physical coordination, and muscle elasticity affects the overall effect of teaching. . Third, teachers do not pay enough attention to injury prevention. Sports injury is an unavoidable problem in physical education and training, but most physical education teachers do not pay much attention to sports injury prevention, and it is extremely easy to deal with it immediately after the injury occurs, which affects students' enthusiasm for participation [5].

3.2 Objective Reasons

Objective reasons are usually the key to causing sports injuries. According to the actual situation of Taekwondo teaching in colleges, the common injuries of Taekwondo teaching are summarized and summarized. The problems are as follows: First, the training and teaching process of Taekwondo is not arranged properly. In the process of teaching and organizing Taekwondo in colleges, whether the training process is strictly in accordance with the teaching process, and sports injury is highly valued, are all related to whether sports injury will occur during training and teaching. Second, the impact of factors such as site, equipment and facilities. Third, the influence of climatic factors; fourth, the arrangement of exercise load and training volume is unreasonable. In the process of teaching and training of Taekwondo, the content arrangement is unreasonable, the training load is large, and the problem of sports injury occurs. It can be seen that external factors are the main causes of sports injuries in Taekwondo [6].

4 Construction Strategies of Injury Prevention Mechanism in College Taekwondo Teaching

Taekwondo teaching in colleges and universities aims at tapping the inherent value of Taekwondo in the process of promoting Taekwondo, promoting the physical and mental health of

students, and cultivating better university students. However, from previous research, it has been found that sports injuries often occur in college Taekwondo teaching, and there are many causes of sports injuries. The establishment of sports injury prevention mechanisms is essential.

4.1 Establishing A Systematic Taekwondo Science Teaching Program

Scientific college taekwondo teaching program can start from various links to avoid the emergence of sports injuries. The details are as follows: First, the preparation link in the training process is optimized. Before starting Taekwondo training, teachers should systematically optimize preparation activities to avoid injuries caused by insufficient warm-up preparations. Second, teaching optimization in technical action training. Third, to achieve scientific training evaluation. After the training of Taekwondo, teachers must give scientific evaluation to each student, so that each student can see their own growth and improvement, so as to achieve self-development⁷.

4.2 Continuously Improving the Overall Quality of Coaches

Taekwondo teaching and training in colleges and universities must continuously improve the overall quality of coaches. As a guide in the classroom, the situation of the comprehensive level of physical education teachers directly affects and influences the training effect. On the one hand, coaches need to infiltrate safety awareness into the whole process of teaching, emphasize the importance of safety during the preparation phase, and guide students to perform step-by-step training according to the teacher's guidance to avoid blind imitation and reduce sports injuries Frequency; on the other hand, teachers must continuously improve their overall quality, participate in high-end advanced teaching concept training nationwide, explore the teaching and training mode of Taekwondo suitable for college students from multiple angles, and contact more advanced educational concepts, only Continuously improving the comprehensive quality of coaches can ensure that safety awareness is implemented and reduce the occurrence of sports injuries [8].

4.3 Establishing a Taekwondo Teaching Guarantee Mechanism in Colleges

In the process of developing Taekwondo teaching in colleges and universities, the construction of teaching guarantee mechanism is of vital importance, which is directly related to the healthy growth of students. To this end, the school should pay great attention to the guarantee of the basic elements of the Taekwondo elective course, form a complete guarantee mechanism and guarantee system, effectively maintain the safety of the venue and equipment, and develop a maintenance and guarantee mechanism to ensure To minimize the probability of sports injuries, the ultimate goal is to fully optimize the teaching environment, so that the value of teaching can be prominently displayed. At the same time, it also needs to provide support for policies and guarantee specifications, and formulate specific equipment use specifications and safety specifications around the occurrence of sports injuries, so that a guarantee mechanism can be established and formed to provide effective support for Taekwondo teaching.

4.4 Formulate Emergency Treatment Plan for Sports Injuries

Establish a sports injury and emergency response plan to ensure that it is dealt with as soon as possible after the occurrence of sports injury. On the one hand, teachers need to deal with sports injuries rationally and have basic bandaging skills. They also need to set up a medicine box in Taekwondo training to be able to properly deal with emergencies and avoid sports injuries that are difficult to deal with and resolve. On the other hand, schools should rely on medical supervision to form a linkage mechanism around sports injuries. Secondly, the teacher should also teach students how to deal with simple sports injuries while imparting knowledge, so that students understand and master them. When they and their classmates have minor sports injuries, they can also deal with them urgently. The methods are proper to avoid minor injuries. Greater damage.

In summary, in the new era, the mechanism of preventing injuries in Taekwondo teaching in universities needs to be systematically constructed, which is the fundamental way for Taekwondo teaching to continue to exert its effectiveness. In the course of teaching Taekwondo, sports injuries occur from time to time, which seriously affects the teaching effect, and may even have negative

effects. The construction of the guarantee mechanism has realized the safety guarantee for students from multiple levels and perspectives, showing the value of Taekwondo teaching in colleges.

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