

The Safety Education in Football Teaching

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Abstract

Football constantly has a great popularity among students, so, the development of campus football game grows vigorously. But dangerousness still cannot be avoided in football exercise, so injury accident often occurs in football class, therefore, it necessary to carry out safety education in school football teaching. This paper analyzes the causes of safety accidents in school football teaching, and puts forward corresponding countermeasures, so as to ensure students' safety and provide a beneficial reference to improve the quality of school football teaching.

Keywords: football teaching; safety education; football exercise

1. Introduction

Football is a sport with the largest number of participants widely spread all over the world, therefore, it also known as "the first sport in the world". The football sport is also very popular in our country, which is greatly welcome by a majority of teenagers. In campus, students, because of the enjoyment and antagonism, can take physical exercise and enhance health through football exercise. Due to the high speed and strong antagonism of football sport, and the students' hot-blooded mood and unconsciousness of self protection and security, there is a big security risk in football class. Therefore, the teachers are supposed to undertake safety education class, improving the students' safety consciousness, protecting the safety of students, improving the students' enthusiasm for football, and optimizing the football teaching effect in football teaching process.

2. Safety problems in school football teaching

Football, because of its high running speed, fierce collision and physical friction, is easy to cause injury accidents. The trauma includes muscle strain, bruise, dislocation and muscle cramps, etc.. The injury accidents are mainly caused by landslide, unbalanced landing and uneven field. Bruise belongs to minor injuries, while fracture, dislocation and visceral injury belong to serious injury.

3. Analysis of the factors causing safety accident in school football teaching

3.1 Internal factor

3.1.1 Teachers' occupational accomplishment

Teacher is the leader of the teaching activities, whose utterance, appearance, character, style of work play an important role in student's body and mind development in the teaching process.

Football teaching in school requires teachers to pay attention to their manners in the teaching process due to the students' dependence and imitativeness. In addition, teachers should also strengthen communication with students and set a good example for the students, thus the hidden danger in personal safety can be accordingly avoided or eliminated.

3.1.2 Irrationality of class teaching organization

As the organizer and leader of classroom teaching, PE teachers' organizational ability and the professional quality play a vital role in school sports teaching process. Football is the important teaching content in school sports teaching process, therefore, teachers should make a reasonable arrangement of teaching

activities according to law of the teaching and characteristics of students' physical and mental development, so as to ensure the safety of students in sports teaching process. In school football teaching, if teachers' teaching method is not reasonable, it will inhibit the enthusiasm of students to participate in football to a certain extent, and will be easy to cause injury accidents.

3.1.3 Students' physical and mental problems

The students are in a critical period of physical and mental development, whose physical and mental development characteristics are greatly different from those of high school students. Generally speaking, college students, due to the influence of their own knowledge structure and ideological thoughts, have transitional and turbulent characteristics in their psychological development.

In study life, college students are often self-confident and self-esteemed, and they are used to be thrill-seeking and aggressive, but because of their unconsciousness in safety, they tend to be involved in football games with strong enthusiasm and belligerence, thus it easy to cause injury accidents. At the same time, because school students are mostly only children who were brought up by indulgent parents, they are bound to have a weak sense of responsibility and a poor collective consciousness which also leads to the hidden danger in football teaching.

3.1.4 Indifference of safety education and faultiness of safety facilities

Nowadays, many schools are indifferent in football teaching, which leads to the faultiness of various security facilities. At the same time, some PE teachers have a weak safety awareness, which also causes the implementation of relevant health and safety course in the football teaching to run aground.

Some schools' development of physical education courses completely depends on the school leaders' subjective consciousness and interest, which leads to some sports being snubbed and ignored. The presence of these factors to some extent brings about the possibility of hidden danger in security in sports teaching.

3.2 External factors

3.2.1 Influence of sports facilities or fields

Sports facilities and field are vital to ensure the development of sport teaching, whose condition has a direct influence on the security of the students. Some schools' football field is still the soil field at present and lacks natural or artificial pasture. At the same time, schools' football field construction and equipment selection are not strictly in accordance with the provisions of national and local authorities, what's worse, some schools don't pay attention to the maintenance for football fields and facilities, which makes the load of football fields and facilities become higher, thus it is susceptible to cause hidden danger in accidental security.

3.2.2 Influence of weather and climate differences

In the current days, most schools' football fields are outdoor fields, as a result, the change of climate, season and weather has an important impact on the football sport teaching.

For example, in the rainy and snowy days, football field is relatively wetter, so, it is easily to cause injury accidents in sports class. In hot summer months, as the weather temperature is higher, students in sports class are likely to have heat exhaustion and fatigue. The temperature in winter is so low that students are easy to have bad body coordination, muscle stiffness or chilling, and so on. Thus it can be seen that change in climate and weather condition is an important external factor affecting the safety of football teaching.

3.2.3 Inadequate warming-up activities

Warming-up exercises are very casual, so, many students often ignore the importance of warming-up activities before football exercise. Instead, they directly start football exercise of high strength without any preparation, which is easy to cause injury accidents. The sport of football has certain rules of the contest, in a real football game, it is important to comply with the relevant rules of the contest. Football, as a sport of high antagonism, has obvious physical collision and contact. Because many students know less about football in the

rules, they are easily injured in the process of football training.

3.2.4 Unreasonable action skills and unconsciousness of self-protection

Due to lacking of systematic training, many students have some technical errors or negligence in the actions such as move, stop and turn, thus it is easy to cause physical damage to the players. In addition, in the current school football teaching, many PE teachers do not pay attention to cultivate the students' self-protection consciousness, and the students' self-protection ability is poor in sports training, which will inevitably affect their own safety.

4. Prevention measures from safety accidents in school football teaching

4.1 Emphasis of safety education and improvement of safety consciousness

School football teachers should establish the idea of safety first, and give full consideration to security issues in football teaching class, because most of the football teaching accidents are caused by insufficient attention to personal safety rather than individual football skills. When teachers treat the safety education as an important element in preparing class, the football class will be joined into safety education content and safety tips. In football teaching, teachers should have a high safety consciousness, make students realize the importance of security, use various methods to remind students to pay attention to safety, and improve students' safety consciousness. When dangerous situation is going to happen, PE teachers should timely remind students. School safety education should be comprehensively carried out throughout football teaching class, in order to ensure the safety of school students in football teaching.

4.2 Reasonable arrangement of class teaching content

Teachers should not only improve the students' safety consciousness, but also carry on reasonable arrangement in football teaching process. It is necessary for teachers to understand the basic situation of the students in football class, such as proportion of male

and female, original technical level of students, physique condition of students and so on, so as to arrange certain physical exercise for students accordingly. Teaching content should be reasonable according to the different standards, and the difficulty of action should be moderate, which is helpful for students to complete technical action, eliminate the psychological barrier, and avoid safety accidents because of the difficulty of action. In the real football teaching, physical education teachers can adopt diversified teaching methods for teaching, in order to improve the enjoyment of classroom teaching according to students' physical and mental development characteristics.

In addition, teachers should choose a few teaching methods that can not only improve the teaching quality, but also can exercise the students' physical quality, so as to reduce safety accidents as much as possible.

For example, teachers can organize some group activities to cultivate the team spirit and cohesion among students. Through the practice in the shape, position and the way of dribbling, students can clearly comprehend the rules of football.

4.3 Strengthening management system and improving medical service

Schools should formulate scientific safety systems to ensure the safety of students in the football teaching, such as the safety management regulations of school sports ground equipment and safe use system of the football field, etc., With the help of system, it can ensure the safety of the school football teaching and reduce the accident of football teaching.

Sports teaching departments are closely connected with medical affairs branches, so, they should periodically arrange medical examination for students, as a result, teachers can understand students' physical condition through the medical examination report. The school infirmary should do care measures and carry out timely treatment after the accident.

4.4 Adequate warming-up activities

In the actual football teaching, the teacher should guarantee the students' comprehension of football related theory. Through the reasonable formulation of

the football rules, extreme actions such as pull and push can be avoided. Before football sports, in addition, teachers should guide students to do some preparatory activities, such as the practice of flexibility of the body in order to better mobilize the students' various function and reduce the occurrence of unnecessary damage.

4.5 Relevant departments' emphasis on equipment and site maintenance and management

Timely maintenance of football field and the equipment is an important way to ensure the safety of football teaching. As a result, some schools and education departments should strengthen the maintenance of school football venues and equipment by means of money and manpower, and try to create a good and safe football training venues for students. At the same time, on the scheduling of football class, the school should strictly abide by football training content arrangement and enhance recognition of football sports and teaching, as much as possible to reduce and avoid the students' injure accidents in rough football training activities.

5. Conclusions

Safety is the basic premise of sports teaching, and football exercise is prone to occur injure accidents. Therefore, safety education in school football teaching through improving the students' safety consciousness, actively taking all kinds of preventive measures, providing effective solution for football injures is important for school football teaching. Through the joint efforts of schools, teachers and students, injures in the process football teaching can be eliminated. Only in this way can we create a safe football learning environment for students and ensure the students' physical health.

Reference

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