The Prevention and Control Mechanism of Sports Risks in Colleges and Universities under the Background of the Integration of Sports and Education

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Received 17 June 2022; Accepted 2 July 2022; Published 20 July 2022

1. Introduction

Physical exercise, as an important way to improve and consolidate college students’ physical and mental health, plays an important role in promoting college students’ physical health, training their will quality, regulating emotional pressure, and developing healthy exercise methods. However, sports always have different degrees of sports risks, which have an impact on college students’ physical and mental health and even life safety. Especially in recent years, the frequent occurrence of sudden death cases in campus sports has become an embarrassment and a challenge that universities have to face [1–3]. Although China’s Ministry of Education has promulgated and implemented the “Interim Measures for the Prevention and Control of School Sports Risk” (Ministry of Education, 2015) [4] and other regulations, which provide guidance for the orderly development of sports work in colleges and universities, there are obvious regional and project characteristics in the prevention and control of sports risk in colleges and universities [5, 6]. Therefore, the establishment of a targeted, regional characteristics of college sports risk prevention and control system, from the source of sports risk prevention and control, to reduce the incidence of sports risk, reduce the worries of students and parents to participate in sports, and thus improve the physical health of college students has important social value.

2. University Sports Risk Connotation and Classification Screening

Sports risk is derived from sports science and risk management. At present, many experts and scholars have different cognitive perspectives on sports risk, and the concept of sports risk is also different. Wang [7] believes that sports risk is an objective existence. The probability of sports risk is...
related to the form of exercise, sports content, sports methods, the level of exercisers, physical health, and the degree of exercise knowledge, and sports risk can be avoided. Liu et al. [8] believe that sports risk affects the body, material, and spirit; that sports risk has the possibility, controllability, severity, and detectability; and that risk causes induce risk events. The research on risk events induced by risk causes is the starting point for the prevention and control of sports risks in colleges and universities. In order to effectively prevent and control the risk of college sports, it is particularly important to identify and screen the risk sources. Wang [9] believed that sports risk sources can be divided into four categories: human factors (covering students and physical education teachers), management factors, environmental factors (covering natural environment and site environment), and other factors. Yue [10] believed that physical exercise risks can be divided into two aspects: internal risks including student risks, school risks, and external risks including site equipment risks and external environmental risks. Zhang and Ying [11] classified sports risk from three aspects: the purpose and nature of sports, the main causes of sports risk, physiological and anatomical characteristics, and the project characteristics of sports risk. Hu et al. [12] believed that college sports risks are generally divided into internal risks and external risks. Based on the classification of scholars, according to the characteristics of college sports and personality characteristics of college students, the risk of college sports is divided into school sports risk and off-campus sports risk. School sports risks include sports teaching risks, extracurricular sports activities risks, sports training and competition risks, and sports facilities risks. Off-campus sports risks include physical exercise and competition risks, sports events risks, sports training risks, diet and transportation risks, outdoor sports risks, natural environment risks, and social environment risks. Each university sports risk also includes static and dynamic risks, pure and speculative risks, controllable and uncontrollable risks, preactivity, midactivity, and post-activity risks.

3. The Theoretical Basis of College Sports Risk Prevention and Control Interpretation

The risk prevention and control of college sports is an important way to ensure the personal safety of college students’ participation in sports. The personal safety of college students’ participation in sports is mostly caused by human factors, which has the characteristics of complexity, diversity, and suddenness. According to Hou [6], the prevention and control of sports risks in colleges and universities is restricted by many subjects such as colleges and universities, society, teachers, and college students. It is necessary to conduct system security analysis under the new public service concept so as to make the external energy of sports risks in colleges and universities shift positively. Therefore, referring to the theoretical basis of human factor management theory, energy destructive release theory, new public service theory, multistation governance theory, and system security theory, it has an important guiding role in providing theoretical basis and macro guidance for in-depth and systematic identification, analysis, and response of college sports risks (see Figure 1).

3.1. Human Factor Management Theory. Human factor management theory was put forward by the American Safety Engineer Heinrich in the 1920s through the study of American industrial safety accidents, also known as Heinrich causal chain theory or domino theory [13]. According to the theory, if all the elements are connected in the whole system, a minimum initial energy may cause a series of chain reactions, leading to risk accidents, which is highly consistent with the domino theory and reflects the philosophy of “quantitative change causes qualitative change.” In the five stages of social environment, human negligence, unsafe behavior, risk accidents, and casualties, human unsafe behavior is the easiest to control. Sports risk prevention and control managers in colleges and universities should strengthen the management of college students’ sports activities and sports events, establish a sense of hardship and anticipation, establish and improve rules and regulations, strengthen sports risk education in colleges and universities, fully grasp the trend of sports risk in colleges and universities, implement control at the source of sports risk, and avoid or reduce the unsafe behavior of college students’ sports [14].

3.2. Energy Destructive Release Theory. The theory of energy destructive release was founded in Harton in the 1970s [15]. Starting from the physical nature of the accident, the author believed that the injuries caused by the accident were all the negative consequences caused by the accidental transfer or release of energy. He proposed specific strategies such as reducing the accumulated energy that may cause the accident, slowing down the speed of energy release, preventing energy accumulation, strengthening the protective ability of vulnerable objects to the released energy, separating the released energy from the vulnerable objects in time or space, isolating the energy from the vulnerable objects with material barriers, changing the material on the contact surface to reduce injuries, restoring and restoring measures after the accident, preventing the accumulated energy release, and reducing the damage of the accident. This theory enables the university sports risk prevention and control managers to master all the energy sources contained in the university sports system in advance, assess the possible objects and consequences of injury, and clarify the method of energy control and transfer of university sports risk, so as to identify the risk factors and potential risk objects of university sports and cause the high alert of university sports related personnel.

3.3. New Public Service Theory. The new public service theory was proposed by the Danharts in the 1970s. Taking the “three E” as the basis of their own value, this paper puts forward the principles of public interest as the goal rather than by-product, democratic action, serving citizens rather
than customers, responsibility is not single, serving rather than steering, paying attention to people rather than just productivity, strategic thinking, and exceeding entrepreneurial identity [16]. It constructs a public management mode of communication and development, consultation, and interaction between citizens, communities, and governments. Focusing on democratic value and public interest is the theoretical choice needed by modern public society and public management practice, which has guiding value for the prevention and control of sports risks in colleges and universities.

3.4. Multicenter Governance Theory. The polycentric governance theory was proposed by the American Ostroms in the 1960s. With the help of multiple power centers and organizational systems to provide public services, governance of public things, emphasizing the interactive process of participating groups and active creation of governance rules, governance forms, with the choice of diversity, reduce free-riding behavior and reasonable decision-making characteristics [17]. For the prevention and control of sports risks in colleges and universities, it is necessary for the government, colleges and universities, social organizations, the public and other multiple sports risk prevention and control subjects to jointly participate in the decision-making of the prevention and control of sports risks in colleges and universities, which has a positive effect on the improvement of the efficiency and quality of the prevention and control of sports risks in colleges and universities, and the scientific and rational decision-making.

3.5. System Security Theory. System security theory was founded by Johnson in the 1950s. The security theory and method system formed by this theory in order to solve the problem of "system accidents caused by management negligence and errors" is a comprehensive system security management method and system security engineering to comprehensively identify potential risks of the system. Targeted control measures are adopted for the system to bear the lowest risk, and the system security is the best and runs through the whole life cycle of the system [18]. The system security theory provides guidance and reference for the prevention and control of sports risks in colleges and universities from the multidimensional and multilink aspects of personnel and time and for the concept of occupational safety analysis.

4. Demand Analysis of Risk Prevention and Control of College Sports

As the last station of school education, college physical education shoulders the responsibility of cultivating and consolidating college students’ sports habits and lifelong fitness consciousness. However, for a long time, due to the influence of the state, society, and family on the excessive emphasis on college entrance examination and the change of life style in the Internet age, students lack exercise consciousness and exercise habits, and their physique is not optimistic [19–21]. According to the China Youth Sports Development Report (2015), the endurance quality of college students in China has continued to decline for 20 years (Ministry of Education, 2015) [22]. According to [23] the “Eighth National Student Physical Fitness and Health” survey results: from 2014 to 2019, the excellent and good rate of college students has basically not increased, and physical fitness and obesity are still serious problems plaguing the physical health of college students.

At present, the physical problems of college students are still more prominent, and the campus sports safety is frequent, which has brought negative effects to college students' physical exercise. In 2016, a senior student in Wuhan University suddenly fainted in the process of physical fitness test and died after rescue [24]. In 2016, when a female college student in Shanghai exercised in the gym, the coach made mistakes in the training plan, resulting in the sudden death of the victim due to lack of physical strength [25]. According to statistics, from 2014 to 2018, there were 2226 court decisions on school sports injuries, and 1.2 campus sports disputes were brought to the court daily in our country [26].
Therefore, many physical education colleges and universities have canceled some track and field projects, and the examination standard is constantly down. However, choking will undoubtedly lead to a new round of vicious cycle. In order to relieve the concerns of universities, families, and students, speed up the construction of risk prevention and control system and mechanism of sports in colleges and universities, build a scientific, effective, and reasonable operation of risk prevention and control system and mechanism of sports in colleges and universities, provide rich and sound risk prevention and control products of sports in colleges and universities, promote the integration of sports and education, deepen the popularization of risk prevention and control products of sports in colleges and universities, enhance the physique and comprehensive quality of college students, and improve the quality of personnel training, all being imperative.

5. Construction of the Risk Prevention and Control Evaluation System of College Sports in China

5.1. Guiding Ideology of the Evaluation Index System

5.1.1. Risk Characteristics of College Sports. The diversity of sports events in colleges and universities, the immobility and complexity of sports venues, the personalization of college students, and the special sports equipment or equipment of many sports events must be considered comprehensively when constructing the risk prevention and control evaluation index of sports in colleges and universities [27].

5.1.2. University Sports Risk Sources. The sources of sports risk in colleges and universities mainly include the level of colleges and universities, teachers, students, parents, and communities. The types of sports risk in colleges and universities are divided into direct factors such as sports itself, facilities and equipment, and students themselves and indirect factors such as management, climate environment, and society. Therefore, the construction of university sports risk evaluation index should be comprehensive analysis of risk sources and classification [11].

5.1.3. University Sports Risk Characteristics. Sports risk in colleges and universities has the characteristics of objectivity and sociality, suddenness and measurability, variability and invisibility, inevitability and uncertainty, contingency, and controllability. In addition, it also has the characteristics of damage and potential, multifactor and behavior correlation, and the process of risk generation, development, and damage. University sports risk is a collection of various risk factors and dynamic changes. Effective prevention and control should be implemented on the basis of full analysis of risk characteristics and processes in the construction of risk prevention and control evaluation indexes of university sports.

5.1.4. Analysis on the Construction Process of the University Sports Risk Index System. The theory of system security and human factor management believes that "management negligence and errors lead to accidents in the system" and "quantitative changes cause qualitative changes," and the world is constantly changing. At present, there may be very small hidden dangers. With the accumulation of quantitative changes to qualitative changes, the consequences may be unthinkable. With the extensive development of sports in colleges and universities, the attention of the state and society to the physical health of college students and the development of high technology the rapid development and improvement of sports in colleges and universities is inevitable, and the accompanying risks are also developing and changing. Whether the risk prevention and control evaluation index system of sports in colleges and universities can adapt to the changes and continuously improve and develop is crucial to reduce the risk.

5.2. Principles for Screening Evaluation Indexes of Sports Risk Prevention and Control in Colleges and Universities. Because the university sports risk prevention and control involves the university, the teacher, the student, the parents, and the community and each level contains many domains, therefore, in the setting of evaluation indexes for the prevention and control of sports risks in colleges and universities, we should not only comprehensively consider the factors of colleges and universities, teachers, students, parents, and communities, but also focus on covering the whole picture of the prevention and control of sports risks in colleges and universities from an overall perspective, which can not only focus on reflecting the basis of the prevention and control of sports risks in colleges and universities, but also comprehensively control the dynamics of the prevention and control of sports risks in colleges and universities.

(1) Principles of objectivity and operability: the evaluation index system of sports risk prevention and control in colleges and universities should not only be widely adapted to and serve the practical needs of sports risk prevention and control in colleges and universities, but also fully consider the particularity of the current development of sports in colleges and universities, and according to the current policies and spirit of sports risk prevention and control in colleges and universities, the established evaluation index system of sports risk prevention and control in colleges and universities should try to select indicators that are easy to quantify, obtain, and are less disturbed by human factors, which is conducive to convenient, fast, and accurate implementation of data collection and statistics, so as to speed up the process of sports in colleges and universities and improve service levels. (2) The principle of division and cooperation and keeping pace with the times: the risk prevention and control of sports in colleges and universities is managed by many relevant functional departments. The screening of evaluation indexes for risk prevention and control of sports in colleges and universities must adhere to clear division of labor, mutual cooperation, and unified coordination. And because the risk prevention and control
evaluation of college sports in China has just started, although some scholars have constructed the evaluation system, the rapid development of new technology and culture and the extension and connotation of college sports are constantly enriched. Therefore, the construction of university sports risk prevention and control evaluation index system should be based on the current, focusing on the principle of keeping pace with the times in the long run. (3) Principles of systematicness and comparability: when determining each index, the evaluation index system of sports risk prevention and control in colleges and universities cannot simply consider the problem from the index itself. Instead, this index should be placed in the overall environment of the research object of sports risk prevention and control in colleges and universities, reflecting the main characteristics and conditions of the sports risk prevention and control system in colleges and universities and making vertical and horizontal comparisons as far as possible.

5.3. Process and Method. According to the overall goal and decision-making plan of the construction of the evaluation index system of sports risk prevention and control in colleges and universities, it is divided into three levels: goal, criterion, and scheme. Referring to the construction model of the evaluation index system of sports risk prevention and control in primary and secondary schools of Zhang and Wang [28], using fuzzy mathematics theory [29], through pairwise comparison of the same level of indicators, the weight coefficient of the decision-making scheme of sports risk prevention and control in colleges and universities is determined. The target layer is the prevention and control of sports risks in colleges and universities. The criterion layer is at the level of colleges and universities, teachers, students, parents, and communities. The scheme layer has three aspects of system, management, and education at the level of colleges and universities. The scheme layer has three aspects of classroom teaching, extracurricular guidance, and sports training at the level of teachers. At the program level, there are three aspects at the student level: physical and mental quality, learning attitude, and safety awareness. There are three aspects of risk knowledge, risk education, and attitude at the parent level. The program layer in the community level are three: community atmosphere, facilities, and organization.

The specific operation process is as follows: first is the use of analytic hierarchy process theory to grasp the university sports risk prevention and control research problems, construction of university sports risk prevention, and control hierarchical structure; secondly, the judgment matrix of college sports risk prevention and control is constructed to compare the relative importance of a certain factor at the previous level and all factors at this level. Again, determine the scale using AHP theory to determine the weight calculation and consistency test. The weight of university sports risk prevention and control index is based on the Ministry of Education “Interim Measures for School Sports Risk Prevention and Control” [30]. Through expert interviews and other methods, the hierarchical structure and index system of university sports risk prevention and control index are established, modified, and finally determined. For ease of inspection, pairwise comparisons were performed using Saaty’s 1–9 scale method (see Table 1).

After constructing the judgment matrix A, the maximum (absolute value) eigenvalue \( \lambda_{max} \) of the judgment matrix A is obtained, and then the corresponding eigenvector \( W \) is solved by using its corresponding characteristic equation \( AW = \lambda_{max} W \), and then its eigenvector \( W \) is normalized. Then test the consistency of the judgment matrix is \( C = \lambda_{max}^{n}/n-1 \). When \( C = 0 \), the judgment matrix is consistent. The larger the value of \( C \) is, the more serious the inconsistency of the judgment matrix is. The inconsistency degree of the judgment matrix can still be used in a certain range, so the random consistency index \( R = \lambda_{max}^{n}/n-1 \) is introduced. When the random consistency ratio \( CR = C/ R < 0.1 \), the inconsistency of A is still acceptable; otherwise, the judgment matrix must be adjusted.

5.4. Construction of the Evaluation Index System for Risk Prevention and Control of University Sports. According to the situation and characteristics of sports risk prevention and control in colleges and universities, through the research on the related theories and models of sports risk prevention and control in colleges and universities, the guiding ideology of the evaluation index system of sports risk prevention and control in colleges and universities is established. Based on the principles of constructing the evaluation index system of sports risk prevention and control in colleges and universities, the evaluation index system of sports risk prevention and control in colleges and universities is established. Through questionnaires and interviews with experts and then according to expert advice using analytical methods such as qualitative and quantitative analysis, we determine from colleges and universities, teachers, students, parents, and community five first-level indicators, nine second-level indicators, and 27 third-level indicators to build college sports risk prevention and control evaluation index system (see Table 2):

(1) In the university sports risk prevention and control classification index, the weight of the first-level index is in the top three: students, teachers, and universities. Universities are the platform and guarantee for sports risk prevention and control, teachers are the backbone of sports risk prevention and control, and students are the main body of sports risk prevention and control. From a macro perspective, the prevention and control of sports risks in colleges and universities should make use of the platform and resources of colleges and universities, give full play to the subjective initiative of teachers, effectively act on students, and realize the closed-loop control of sports risks.

(2) Among the secondary indexes of sports risk prevention and control in colleges and universities, students’ safety awareness, learning attitude, teachers’ sports practice, and risk education in colleges and universities occupy a large weight, which indicates that cultivating students’ sports risk awareness and
correcting students’ “learning attitude, teachers’” scientific implementation of extracurricular sports practice and sports risk education in colleges and universities are the key. From the medium level, risk prevention and control in colleges and universities should be scientifically planned, focus on, and prevent and control the occurrence of sports risks. (3) In the three indicators of college sports risk prevention and control, the top seven factors are self-security awareness, group awareness of prevention and control, emotional level, cognitive level, training preparation, sports risk education platform, and sports risk training and certification. From a microperspective, how to improve college students’ safety awareness, awareness of prevention and control, and emotional level needs more detailed planning and design of teaching and training by universities and teachers. This means that teachers’ teaching and extracurricular sports training design should fully take into account the above elements. In the arrangement of teaching and training content, the use of teaching methods and the control of exercise intensity should fully consider the initial state of students, so as to meet the current situation and needs of students. Colleges and universities should be responsible for building sports risk prevention and control information and training platform, cultivate students’ awareness of prevention and

| Criteria scale (Rij) | Definition |
|---------------------|------------|
| 1                   | Bj is as important as Bi |
| 3                   | Bi and Bj are slightly important |
| 5                   | Bi and Bj are more important |
| 7                   | Bi and Bj are very important |
| 9                   | Bi and Bj are absolutely important |
| 2, 4, 6, 8          | Importance between two adjacent levels |

Table 1: Saaty’s 1–9 scaling method [16].

| Table 2: University sports risk prevention and control index evaluation results list. |
|-----------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| Level I | Index | Weight | Level II | Index | Weight | Level III | Index | Weight |
|--------|-------|--------|----------|-------|--------|------------|-------|--------|
|        | A1 (system) | 0.0236 | Risk control systems, plans/0.0045 | Equipment and facilities/0.0064 | Multisectoral collaborative control/0.0205 |
| A (universities) | 0.196 | | | | |
|        | A2 (management) | 0.0791 | Supervision, evaluation/0.0209 | Health promotion mechanism/0.0172 | Security management organizational functions/0.0244 |
|        | A3 (education) | 0.0931 | Risk safety education Platform/0.0391 | Risk early warning system/0.0285 | Medical training qualification certification/0.0345 |
|        | B1 (classroom teaching) | 0.0931 | Teaching attitude/0.019 | Teaching ability/0.039 | Teaching effect/0.035 |
| B (teachers) | 0.2943 | | | | |
|        | B2 (extracurricular guidance) | 0.0495 | Risk identification/0.027 | Risk management/0.012 | Risk control/0.0105 |
|        | B3 (exercise training) | 0.1518 | Training preparation/0.092 | Training process/0.0372 | Training management/0.0226 |
|        | C1 (physical and mental quality) | 0.0409 | Physical balance/0.019 | | Physical and mental synergy/0.011 |
| C (students) | 0.3766 | | | | |
|        | C2 (learning attitude) | 0.104 | Emotional experience/0.0082 | Cognitive level/0.0568 | Behavioral tendency/0.04 |
|        | C3 (security awareness) | 0.2316 | Self-security awareness/0.1024 | Group safety awareness/0.0783 | Individual and overall coordination/0.0509 |
|        | E1 (risk knowledge) | 0.0153 | Familiar with sports risks/0.0072 | Sports risk aversion/0.0047 | Risk management knowledge/0.0034 |
| E (family) | 0.0799 | | | | |
|        | E2 (risk education) | 0.047 | Remind risk prevention/0.0132 | Communication with students sports risk/0.0176 | Option exercise risk regulation/0.0162 |
|        | E3 (treatment attitude) | 0.0175 | Personal and family relations/0.0052 | Personal and school relations/0.0019 | Family-school relationship/0.0104 |
|        | F1 (community atmosphere) | 0.0135 | Public opinion orientation/0.0064 | Ecological environment/0.032 | Community member relationship/0.047 |
| F (community) | 0.0532 | | | | |
|        | F2 (site facilities) | 0.0312 | Quality/0.0104 | Site planning/0.0019 | Recreational space/0.0089 |
|        | F3 (organization) | 0.0084 | Cognition of sports risk/0.0026 | Risk control ability/0.0019 | Education supervision/0.0039 |
control, improve students’ knowledge reserve of prevention and control, and improve students’ ability to prepare for sports training.

### 6. Conclusions and Suggestions on Risk Prevention and Control of College Sports

(1) In the college sports risk prevention and control, indicators, students, teachers, colleges, and universities have higher weight, which is the focus of college sports risk prevention and control factors. Student factors, which are self-security awareness, group awareness of prevention and control, emotional level, and cognitive level, are the key points of student sports risk prevention and control. Teacher factor, which is training preparation, is an important part of college sports risk prevention and control; university factors, which are sports risk education platform, sports risk training, and certification, are the key parts of university risk prevention and control.

(2) Sports risk prevention and control as a grand and complex system engineering needs close cooperation between universities and society, parents, and individual college students. (1) For colleges and universities, firstly, in addition to making rules and regulations such as “sports risk prevention and control plan” and “emergency and accident handling mechanism,” it is necessary to strengthen the construction of sports venues and facilities and the improvement of teachers’ skills to meet the individualized needs of college students’ sports needs; second, it is necessary to strengthen the publicity and training of campus safety. Through lectures and training such as health and safety knowledge, safety management, and emergency rescue, the “college students’ campus sports safety manual” is prepared. Health and safety education is carried out by means of “online + offline” methods such as propaganda columns, radio stations, WeChat, SMS, and the Internet, so as to improve college students’ understanding of the risks of college sports and master the methods to avoid sports risks. (2) For teachers, first of all, they should timely and correctly obtain the current school sports risk information, so as to have a good mind. Second, according to students’ physical ability and practical needs, select the appropriate extracurricular sports training content, take reasonable teaching methods, and set up personalized training programs step by step for the implementation of training intensity and quantity arrangements. (3) For students, they should fully understand the importance of physical health and the risks existing in sports, consciously learn and master sports risk prevention and control knowledge, improve sports risk awareness, and strengthen the ability to avoid sports risks.

### Data Availability

All the data contained in this study can be obtained upon request to the corresponding author. Readers can also inquire part of the original data and the results of data processing in this paper.

### Conflicts of Interest

The authors declare that they have no conflicts of interest.

### Acknowledgments

This research was supported by Research on Performance Evaluation and Optimization Path of Teenagers’ Extracurricular Sports Service under the Background of Double Reduction of General Funding Project of 14th Five-Year Education Plan in Hunan Province in 2022 (XJK22BTW001).

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