

Research on the Risk Cognition of Female College Students to Outdoor Sports

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Abstract: Outdoor sports have been liked by many people as a leisure sport, and its status in social development is gradually increasing. It is not only loved by boys, but also by girls. Although female college students' awareness of sports is constantly increasing, their awareness of the risks of outdoor sports is very limited. Many female students do not carefully consider environmental, technical, safety, and physical and mental risks in the process of outdoor sports. Female classmates often suffer from risks during outdoor sports. This article will analyze the risk cognition of female college students' outdoor sports, hoping to provide an effective reference for colleges and universities to carry out outdoor sports and ensure the safety of outdoor sports for students.

Introduction

Outdoor sports are popular both at home and abroad, and the rise of outdoor sports has also become a development trend in the sports field. However, the incidence of accidents in outdoor sports is also increasing year by year. When boys and girls in colleges and universities play outdoor sports, the accident rate of girls is significantly higher than that of boys. The main reason is the lack of physical and psychological risks of female students, and its consequences. Keep female students in an unsafe environment. The reasons for these are also because female students are less aware of outdoor risks than male students, so they do not take risk prevention measures when they are exercising outdoors, which causes hidden safety hazards.

Types of Risks

Environmental risks.In the process of choosing outdoor sports, people generally choose the field that is relatively close to the school park, or the field that is relatively far away. In this environment, sports personnel, especially girls, are sensitive to the surrounding environment and weather, terrain, Biological populations are poorly understood, and there is a certain sense of strangeness. The resulting environmental pressures have created a kind of fear of the environment for athletes. In the process of outdoor sports, athletes need to walk into strangers during the exercise, which will also make the athletes feel insecure inside. Therefore, it is not difficult to see that environmental risk is the primary risk perception of sports personnel for outdoor sports.

Technical risk.Many sportsmen are new to outdoor sports when they choose outdoor sports, and whether their own technology can support the intensity of outdoor sports is one of the risk perceptions of sportsmen during sports[1].Outdoor athletes know that lack of technical support in outdoor sports means increased risk of sports and accidents. If an outdoor sports team is organized within a university, it needs to have sufficient financial support, and there are certain restrictions on the choice of outdoor sports venues.

Security guarantee risk. The safety guarantee for outdoor sports is mainly provided by the equipment and protective gear worn by himself and the accompanying teammates. College sports personnel usually do not have high-performance professional equipment in the provision of outdoor sports equipment, because students usually do not have income, so they choose low-cost, non-professional products when they choose equipment; However, female students are more beautiful in life, so when they choose equipment, they are more concerned about their appearance, and they don't pay too much attention to equipment performance. The efficiency of outdoor sports

cannot be guaranteed. Many girls think that their gender is weak and they need to be protected in society. Therefore, if there is a risk during outdoor sports, it is more inclined to help teammates, and their own help to teammates is minimal.

Risk of physical and mental injury. The three types of risks mentioned above are all concerns of athletes during outdoor sports. Because of their internal fears, they fear the outdoor sports. In fact, the risks that sports personnel pay more attention to during outdoor sports are their personal experience. The risks of physical and mental harm generally include the following: First of all, the situation of physical overdraft occurs in outdoor sports. Generally, girls have poor self-load capacity and poor exercise ability during sports. Boys have more athletic ability in outdoor sports. Therefore, girls' lack of endurance and other factors may cause physical exhaustion directly during outdoor sports. Happening. Secondly, when you are outdoors, you may get lost or lose your foot. Generally, sports personnel tend to be in a better position when choosing an outdoor sports place. If they don't have a special understanding of the environment, they may have a misstep. For example, during the field walking, athletes need to use their own equipment and equipment to identify the direction of the mountain. Where are the gullies and rivers on the selected outdoor walking route, the walking personnel must The collected information can be summarized and summarized to make a correct judgment on the direction, and also to find a safer road. Therefore, athletes are more worried about getting lost when they are outdoors.

Influencing Factors of Female College Students' Risk Perception of Outdoor Sports

Female college students in the process of outdoor sports, relatively weak awareness of risk, the main factors affecting female college students' risk perception are internal factors and external factors, as follows:

Individual differences between girls and boys. Not only are the gender differences between girls and boys in colleges and universities, the differences in physical fitness and age will also make girls and boys different from each other in the process of sports. The individual differences that result are mainly manifested in the health, physical state, and physical condition of each person's body. Female college students are not very familiar with their own physical conditions. Causes certain exercise risks.

Lack of knowledge about outdoor sports. In the process of outdoor sports, many female college students did not understand the knowledge of outdoor sports, and went directly to exercise. This is also a risk factor for sports risk. If female college students do not understand and evaluate the risks of outdoor sports during school, they will not be able to understand what kind of accidents they will encounter during sports. On the contrary, if female college students get the guidance and knowledge transfer of professional teachers or club coaches before sports, they can evaluate the risks through the knowledge they have learned, so that they can avoid the risks[2].Of course, female college students not only need to obtain corresponding theoretical knowledge in the process of outdoor sports, but also fully understand the equipment used in outdoor sports and understanding of the environment, and make detailed outdoor sports plans through their own understanding This way you can better express yourself.

Experience in outdoor sports. The experience of sports is the main factor to guide the risk. When the sportsman has rich experience, the risk will be very small. On the contrary, if the sports experience is insufficient, the risk will increase exponentially. In the process of outdoor sports, female college students generally have risks in the early stage because they are unfamiliar with the sports environment and lack of experience. If female college students cannot reasonably arrange sports, they will not only be unable to gain more sports experience , You will be injured during exercise[3].

Suggestions on Avoiding Risks in Outdoor Exercises for Female College Students

Outdoor sports itself is a process of experiencing nature, and athletes can feel the beauty of nature in the process of sports and enjoy life in sports. However, because of the particular nature of

outdoor sports, there are many risks in the process of sports, which have a certain impact on the physical and property of the athletes. Female college students must make detailed sports plans before outdoor sports, so as to ensure their own safety and avoid the impact of risks on themselves. So female college students should make a precise plan before outdoor sports:

First, if female college students want to engage in long-term and frequent outdoor sports, it is recommended that they purchase corresponding insurance. Because any kind of outdoor sports has certain risks, it must be well protected before traveling. It is responsible to ourselves, but also to our families[4].

Second, before outdoor sports are implemented, a sports plan should be made. Many outdoor sports are organized by temporary organizations or associations. Many of these participants do not know each other. Therefore, before the outdoor sports start, all members should gather, understand each other, and be able to discuss outdoor sports together. After unifying opinions on the plans and plans of activities, raise relevant considerations. Here, female college students who want to participate in the organization need to understand their own physical conditions, understand the actual situation of each person in the team and their sports experience, and in the case of their own lack of experience, it is recommended that they be experienced in outdoor sports. Of people go hand in hand so that they can get timely help when risks arise[5].

Third, equipment preparation. Female college students should pay attention to their own equipment purchases, check the quantity of equipment, and avoid the consequences of expanding the risk due to insufficient equipment reserves after a risk has occurred. When selecting equipment for female college students, it is recommended to choose clothing and equipment suitable for their own body. Do not only consider whether the appearance is in line with your heart. This will cause the equipment to fail to play its role at critical times. In addition, female college students should understand that in the process of outdoor sports, the outdoor environment they face is changeable. When choosing equipment, they must be in line with reality, so as to reduce the loss caused by risk.



Figure 1. Equipment preparation

Fourth, be prepared before departure. Female college students should understand their actual situation before the outdoor activities begin. It includes an understanding of the environment, weather, and your own curriculum. It is recommended to ask three questions to answer for yourself: First, whether you are familiar with the location and place of outdoor activities you need. Although this requirement may seem simple, it is easy to be ignored by outdoor activities personnel. Most of the people who participate in outdoor activities are not clear and do not understand the actual situation of their own activities. As a result, when there is a risk, they do not know their location, resulting in Rescue is difficult. Second, check the weather forecast. Female college students must understand the weather conditions of the location when they are conducting outdoor activities, so

that they can judge whether the activities can be carried out smoothly. Third, prepare the map. The purpose of the map is to avoid getting lost [6].

Fifth, protective gear. In the selection of protective gear, it is recommended that female college students choose non-slip climbing shoes. When the movement is convenient, they also need to wear hiking sticks. It is recommended to wear it. If you choose an outdoor environment where there are many rivers and rocky mountains, it is not recommended.) In outdoor activities, it is more important to pay attention to sun protection and warmth.

Sixth, communication tools. Female college students should wear mobile phones and charging devices when they are outdoors, because mobile phones are the fastest and most convenient tool for asking for help, but mobile phones can only be used in the signal coverage area of mobile phones. If you encounter an area without a signal, you should pay attention to finding the highest nearby location, and ask for help by means of a signal transmitter.

Seventh, standing items. Female college students need to check the standing items in the backpack before going outdoor, such as: lighters, maps, water, mosquito water, food, lamps, batteries, rainproof equipment, first aid, etc. The selection of items needs to follow outdoor activities Depending on the length of the journey, short-term activities can reduce the amount of accompanying items. For long-term, long-distance outdoor activities, you also need to bring protective ropes, etc., you should pay attention to the waterproofing of items during the trip.

Eighth, pay attention to matters during outdoor activities. Female college students should understand their own physical conditions, keep pace with the team, avoid disjointedness, and keep in touch with the team leader, and do their best in the activity. During the event, you should avoid acting alone. In case of sudden weather changes, you should cancel your trip. In the event of danger and emergency, you need to try to notify the contact person. Do not eat food at will to avoid risks.

Conclusion

Outdoor activities have become a very popular sport in contemporary times, and are well liked by young people. In order to challenge themselves, many female college students try to participate in outdoor activities. Therefore, in order to ensure your own safety, you must understand the risks of outdoor activities and make corresponding plans to improve the enjoyment index of outdoor activities and reduce the impact of risks.

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