

Exploration and Research on the Promotion of Figure Skating on the Physical and Mental Health of Teenagers in the Post-Olympic Era

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Abstract

China has delivered a perfect answer to the world as the 2022 Winter Olympics, which opened in Beijing on February 20, come to a perfect conclusion. So, in the post-Olympic era, how to develop figure skating sustainably, and provide the local, and national reserve force, is worth our thinking. Therefore, the research of this paper combines the background of the current era and aims at the influence of figure skating on the physical and mental health of teenagers.

Keywords

Figure skating, teenagers, Physical and mental health.

1. Foreword

According to a survey conducted by the Social Situation Public Opinion Survey Center of the National Bureau of Statistics in October 2021, 346 million people participated in ice and snow sports nationwide as of October 2021, after Beijing won the bid to host the Winter Olympics in 2015. Regionally, the eastern region has a total population of 143 million, the northeastern region of 51 million, the central region of 68 million, and the western region of 84 million. With the completion of the 24th Winter Olympic Games in Beijing National Stadium on Feb 20, 2022, a huge "ice and snow popularity" swept through the whole of China. This not only drives the development of the national ice and snow industry more vigorously but also inspires the enthusiasm of urban teenagers to participate in ice and snow sports. Taking advantage of China's preparations for the 2022 Winter Olympics and the 2024 National Winter Games, Sichuan province has set up a talent training system linking campus ice and snow training institutions with social training institutions to open up training channels for reserve talents for ice and snow sports and summer sports and encourage talent sharing. As the most ornamental and performance competition of the Beijing Winter Olympic Games, figure skating has a high level of attention and topic in society, and the figure skating competitors are the most influential athletes officially announced in the Beijing Winter Olympic Games. It can be seen that figure skating has a huge influence on the Winter Olympics, ice and snow sports, and even world sports. In recent years, under the guidance of the policy of "Transporting ice from the north to the south, and goes deeper into the west and spreads out to the east", as well as the strong support of the Sichuan Provincial Government, the Education Bureau, and Sports Bureau, and the yearning and love of young students, Chinese figure skating has taken root in Sichuan for a long time and developed vigorously.

2. Research object and method

2.1. Research object

Taking adolescent students in primary and secondary schools in Chengdu as the research object

2.2. Research methods:

(1) Documentation method: use "ice and snow sports" and "primary and middle schools" as keywords, and search in CNKI, China Science and Technology Journal Database, and Wanfang databases to understand the current status of the popularization and promotion of ice and snow sports in primary and secondary schools in Chengdu

(2) Expert interview method: interview professors of figure skating at Harbin Institute of Physical Education, national figure skating coaches, national master athletes, and staff of Chengdu Figure Skating Association, to understand the current development of figure skating, figure skating the characteristics of sports fans and the scale of figure skating industry in Chengdu.

3. Status of the figure skating industry in Chengdu

In terms of industry management organizations, the Sichuan Provincial Figure Skating Organization and Management Organization has formed a management model with the Sichuan Sports Vocational College Winter Sports Management Center as the leader, and Chengdu Sports Bureau, Chengdu Junior Sports School, and Chengdu Figure Skating Association is the backbone. In terms of venue facilities, Chengdu has 10 original ice rinks, on which two international standard venues for figure skating events have been built. The new venues built have the basic venue conditions for international, domestic, provincial, and other multi-level official competitions.

4. Current situation of figure skating on campus in Chengdu

In terms of schools, Sichuan Province has a total of 36 national youth schools of Ice and snow sports, as well as more than 10 Olympic Education demonstration schools for the 2022 Winter Olympics and Paralympics in Beijing. With the guarantee of policies, science and technology, talents, and venues, the scientific popularization of figure skating has been strongly promoted. And make more and more teenagers understand figure skating, love figure skating, and participate in figure skating. At the same time, teenagers have enough time, interest, and resources to learn figure skating under the combination of sports and education and the "double reduction" policy. In addition, figure skating has been listed as an official competition in the 15th Sports Meeting of Chengdu City. The activities of ice and snow sports have lasted for two years in the campus and the community, and multiple training sessions of social sports instructors and school sports counselors have been completed, which has formed a good atmosphere for the whole society to jointly promote figure skating.

5. Different influences of figure skating on teenagers' physique and psychology

Figure skating can have different degrees of positive physical and psychological effects on teenagers. For teenagers who regularly participate in figure skating, it is very beneficial to their healthy development and can improve their speed, strength, endurance, agility, flexibility, coordination, and balance. It can also improve the function of the cardiovascular system and respiratory systems, promote the metabolism of the body, and improve the flexibility of the joints. As a sport carried out at low temperatures, figure skating can not only improve the cold resistance ability of the practitioners but also consume more heat of the human body, especially for young students who lack lower limb exercise, sedentary office personnel, and people who need to shape, play a certain role in helping. At the same time, according to the technical characteristics of figure skating, special technical training can be divided into four parts: sliding technical training, jumping technical training, spinning technical training, and special art

training. The basic training of figure skating is based on the physical quality and development of students of different ages. Different physical conditions have different basic quality training. The infant stage (3-11 years old) focuses on the training of flexibility, coordination, and balance; the juvenile stage (12-15 years old) focuses on the training of speed and strength, especially the training of core strength; while the youth stage (16-19 years old) focuses on improving the performance of figure skating and enhancing the artistic ability of ice performance. According to the student's mastery of figure skating skills, different stages of training can be divided into basic skills training, intensive skills training, and ice art performance ability training.

To sum up, as a key training program in Sichuan Province, figure skating has established a talent training mechanism for athletes, and in this way has achieved the training development idea of "relying on association in the short term, relying on self-construction in the medium term, and exporting in the long term". More importantly, we should train the reserved talents of figure skating following the principles of scientific, systematic, continuous, individualized teaching, step by step, so as to avoid the situation of eager achievement and management negligence. We should follow the objective basis and principles of training, and train figure skating talents scientifically. This result is only used for reference to provide school physical education teachers, coaches, and industry-related personnel, to better develop extracurricular sports activities and figure skating, and to meet the different sports needs of students. Figure skating can not only improve students' physical quality but also promote and cultivate students' mental health and social adaptability.

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