

# Grid Management Mechanism of Physical Education Classroom Risk Prevention and Control in Medical Colleges under the Background of “Internet +”

Yanyu Dong, Yanbo Dong, Zhenxia Nie, Hongbo Qiu, Yuchen Luo\*, Jingguo Lu

*Yanjing Medical College, Capital Medical University, Beijing, China*

*\*Corresponding author. Email: 34327088@qq.com*

## ABSTRACT

Analyze and summarize the risk prevention and control problems and restrictive bottlenecks of current medical colleges' traditional sports classroom. Follow the prevention mechanism of sports risk, as well the internal logic and the basic principles of the rule of physical education classroom teaching and physical exercise in medical colleges. Through the research methods of survey analysis, action research and summary of experience, to propose corresponding prevention and control mechanisms. Under the “Internet+” environment, the grid management theory is applied to the risk prevention and control of the physical education classroom in medical college. The purpose of this research is to establish and improve the risk prevention and control mechanism of physical education classrooms in medical college, aiming to create seamless connection of multi-level grids and a "one net" for the prevention and control of risks in the physical education classroom in medical college. Promote and realize everyone's participation in the joint construction of the risk grid management of physical education in medical colleges, and share the governance models.

**Keywords:** *Physical Education Classroom Risk, Grid Management, Internet, Prevention and Control Mechanism.*

## 1. INTRODUCTION

COVID-19 is a major public health emergency with the fastest spread, the widest range of infections, and the most difficult prevention and control since the founding of New China. In the fight against of COVID-19, the Chinese government has set up a "model of social governance in China" in improving the system of prevention and control of major outbreaks and strengthening the construction of the national public health emergency management system. This is in sharp contrast to the current situation of physical education classroom risk prevention and control in medical colleges. At present, there are many risk factors in physical education classroom in medical colleges, such as the characteristics of physical education, the management system of physical education classroom, the weak risk consciousness of teachers and students, and the sports environment. This research focuses on the urgent problems to be solved in the risk prevention and control of sports classrooms in medical schools, and proposes that medical schools should adapt to the

development of the times, change their thinking, learn from the important strategic opportunity of the COVID-19 "big exam", and accelerate the completion of shortcomings in sports risk management [1,2]. Board, break through the traditional management thinking model, innovate the concept of sports risk management, apply Internet technology and grid management to the risk prevention and control mechanism of sports classrooms in medical schools, and establish sports risk management and crisis management in medical schools in line with the development of the current era system [3].

In the "Internet +" era, the rapid development and widespread application of Internet technology has penetrated into all areas of society. Internet thinking has subverted the traditional campus management mode and changed the traditional campus management concept, organizational form and management mode. Grid management has been tested in different industries and fields of grass-roots governance in China, so how to improve the management efficiency of physical education classroom risk prevention and control through

grid management, the application of grid management practice to sports risk management will be an innovation point, which is an important subject worth exploring in medical college sports management. Therefore, in the "Internet +" environment and the general trend, the grid management theory is applied to the risk prevention and control of the physical education classroom of medical schools, combined with the case of campus sports injury accidents, through the joint construction of grid management and Internet applications. Sharing the management perspective, trying to fundamentally break the many shortcomings of traditional sports management, give full play to the respective advantages of grid management and Internet technology, and build a grid-based innovation mechanism for the prevention and control of risks in the sports classrooms of medical schools. This is to implement "Healthy China" Strategies and the inevitable requirements for promoting the construction of "safe campus" are also important contents for improving the governance system and improving governance capabilities of universities. This paper explains the related issues of the grid prevention and control mechanism of sports risks in medical colleges, in order to provide reference ideas for the theory and practical governance of sports classroom risk prevention and control in domestic medical colleges. This article explains the related issues of the grid prevention and control mechanism of sports risks in medical colleges, in order to provide reference ideas for the theory and practical governance of sports classroom risk prevention and control in domestic medical colleges.

## **2. ANALYSIS OF THE DISADVANTAGE OF RISK MANAGEMENT IN PHYSICAL EDUCATION CLASSROOMS IN TRADITIONAL MEDICAL COLLEGES**

### ***2. 1. Characteristics of Sport Itself***

Sports risk is objective and uncertain, it is related to objective environment, certain space-time conditions, when these conditions change, the risk may also change. The occurrence of sports injury accidents is often caused by the interaction of dominant risk factors and potential risk factors [4].

Different sports have different sports characteristics, sports risk is derived from the different characteristics of different sports themselves. Objectively, physical education risk in medical colleges and universities has changed from single to diversified, from risk fragmentation to risk systematization, sports risk and safe campus overlap and cross each other, sports risk and safe campus are accompanied by each other, they influence each other and restrict each other [5].

### ***2. 2. Physical Education Classroom Risk Management***

At present, there still a serious phenomenon of a single management mode in the risk management of physical education classrooms in medical schools. In form, only the sports department is playing the corresponding management functions, and finally the "island mode" and "fragmented management" are formed, which also leads to the difficulty of compatibility and integration of related management processes and management systems, resulting in a lack of coordination mechanisms between functional departments in the management model, the disadvantages and shortcomings of the traditional management model are also difficult to adapt to the actual needs of risk management in the physical education classroom of medical schools in the current "Internet +" era.

In theory, the physical education classroom risk management should be led by the school-run department of the medical school, and other functional departments should bear the necessary responsibilities. In principle, it should be managed by multiple departments of the school. However, in the practice of sports classroom risk management, most medical schools generally put the prevention and control of sports classroom risk within the scope of the sports department's responsibility, and the coordination role of the school-run department is limited, and the sports risk management responsibilities of other functional departments In a state of absence, and the current embarrassment is that the sports department is both a leader and an executor, and the responsibilities and rights are seriously mismatched.

### ***2. 3. Weaknesses of Sports Risk Prevention and Control***

At present, many medical schools have basically not really formed a set of scientific and standardized sports risk prevention and control mechanisms, and sports risk management has many drawbacks and management deficiencies. Some medical school managers have neither the conscious pressure of sports risk prevention and control nor the motivation to actively promote the standardization of sports safety management. They often use inertial management thinking or traditional thinking, therefore, it ignores the integration of sports risk management into the overall management system of the entire medical school. This perfunctory awareness of sports risk prevention and control can easily lead to a lax sports safety management atmosphere, and this extensive management attitude is likely to cause many sports safety loopholes, which will invisibly breed more hidden dangers of sports risks in medical schools.

Physical education teachers and students also lack subjective awareness of sports risk, subjective thinking slack, careless, a variety of subjective factors superimposed to form the current dilemma. The investigation shows that most of the campus sports injury events come from recessive factors and dominant factors. The common types of recessive factors are fasting, staying up all night, drunkenness and so on. The students with weak physique often produce a sharp drop in blood sugar, causing palpitations, dizziness and even fainting under the stimulation of certain exercise intensity. Major diseases such as heart disease, high blood pressure, epilepsy, anemia and other acute and difficult diseases are easy to cause major injury accidents and are the most feared by, which is also the most feared by physical education teachers. In addition, the history of injury is concealed, such as surgery, sports injury and so on [4].

#### ***2. 4. Shortboard of Sports Environment***

The physical education environment in medical colleges is restricted by various objective and subjective factors, and the working methods of sports management are backward and inefficient, thus restricting the innovation of risk prevention and control mechanism in physical education classroom. The construction of sports safety management system in medical colleges is uneven, such as the lack, imperfection, unscientific, non-standard, vague and solidified of sports management system.

The frequent occurrence of sports injury accidents has brought great physical and mental blows to students and their families, and has also attracted great attention from relevant government departments and society. However, most medical colleges and universities have seriously insufficient human and financial resources in sports management, which is still far from the requirement of physical education classroom risk prevention and control. This kind of sports environment will undoubtedly cause sports managers and teachers huge psychological pressure.

#### ***2. 5. Sports Risk Prevention Board***

At present, medical colleges lack the risk prevention and control mechanism of physical education classroom, and do not form a multi-department regular cooperative prevention and control mechanism, which is restricted to some extent by the administrative system, the short board of sports management and so on. The emergency response is not included in the regular mechanism, which leads to the shortage of emergency response, the lag of disposal before and after, the waste of resources and the fatigue of coping [6].

### **3. THEORETICAL MECHANISM OF GRID MANAGEMENT**

#### ***3. 1. Grid Management Theory***

Grid management theory is a theoretical innovation based on the existing community management practices in my country, dividing the social grassroots autonomous organizations into grids, and fusing the modern national governance theory with modern information technology [7].

Grid management, as a management model, refers to "using digital and information methods, taking the streets, communities, and grids of social grassroots management organizations as the administrative area, taking urban components and events as the management content, and taking the disposal unit as the responsibility people, through the urban grid management information platform, a new urban management model that realizes urban linkage and resource sharing [8]. In recent years, the grid management theory has been continuously promoted and put into practical application, innovating a variety of typical empirical management models, which has greatly expanded the application prospects of the grid management theory in education management systems.

#### ***3. 2. Campus Application of Analytic Grid Management Theory***

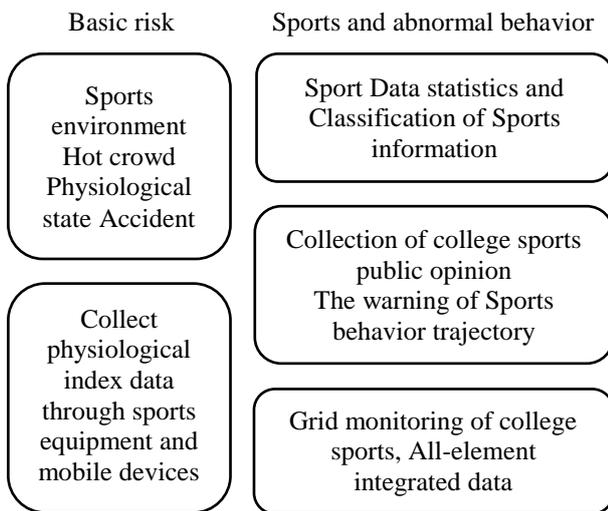
At present, the governance system of medical schools is also facing many shortcomings and shortcomings. The difficulty of campus governance is increasing, the number of sports injury incidents is increasing, the development of the national network society, the development and application of Internet-related technologies and other objective factors, these practical causes directly or indirectly promote the transformation needs of traditional campus management models, the management theories such as networked governance, digital governance, and grid management with diversified governance characteristics conform to the development of the times and meet the core elements of constructing a diversified management mechanism for medical schools.

#### ***3. 3. Grid management Organization Structure of Physical Education Classroom Risk Prevention and Control in Medical Colleges under "Internet +" Environment***

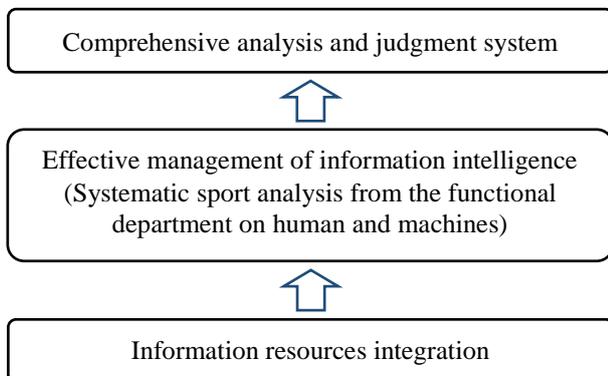
Under the environment of "Internet +", the important premise and basic guarantee for medical colleges to implement grid management is campus information and network infrastructure construction. medical colleges and universities should integrate resources, strengthen the entity construction and related software construction

of grid management of medical colleges and universities, and construct a grid management platform for prevention and control of physical.

education classroom wind in medical colleges and universities. The grid management platform should be based on the sports basic information database, integrate the data chain such as character positioning data, video surveillance data, real-time dynamic data, sports environment data, key crowd data, and rely on Internet technology, video surveillance technology, geographic information system and other technologies, according to the unified standardized standards, according to grid management is divided into data layer, service layer, application layer, A grid management platform for physical education classroom risk prevention and control in medical colleges and universities is constructed, which integrates data information sharing, monitoring and early warning, sports grid area thermal map, risk situation analysis, emergency command and other application functions, as shown in figure 1 and figure 2.



**Figure 1** Physical education classroom risk grid prevention and control structure diagram



**Figure 2** Sports safety procedures

According to the geographical characteristics, physical education teaching site characteristics and functional attributes of medical colleges and

universities, according to the grid management theory, it is divided into four levels: physical education risk prevention and control command level, physical education teaching grid district level, physical education item group teaching grid unit, physical education teaching class level. The concrete structure of grid management of physical education classroom risk prevention and control in medical colleges is shown in Table 1 and Table 2.

**Table 1.** Organization structure of risk grid management in physical education classroom

Post level	Grid function
Level 1: Grid Command	School Sports Risk Prevention and Control Leading Group
Level 2: Total grid length	Teaching functional areas
Level 3: Grid length	Teaching Grid Unit of Sports Item Group
Level 4: Grass-roots grid workers	Sports Teaching Team

**Table 2.** Organization structure of risk grid management in physical education classroom

Grid hierarchy	Composition
First layer	Head of school level, Department of Sports, all functional departments at the primary level.
Second layer	Deputy post of the Ministry of Sports, deputy post of each functional department, third party organization, full-time security officer, etc.
Third layer	Teaching and Research Office of Sports Item Group, Student Office, Safety Volunteer, etc.
Fourth floor	PE teachers, site administrators, student counselors, class leaders, etc.

Taking the grid management platform of sports risk prevention and control as the core hub and based on each grid unit, the students, sports equipment and teaching area of medical colleges and universities are classified according to the unified standard, and the responsibility boundary and power boundary of each grid are clarified.

#### 4. RESEARCH ON GRID MANAGEMENT MECHANISM OF PHYSICAL EDUCATION CLASSROOM RISK PREVENTION AND CONTROL IN MEDICAL COLLEGE UNDER THE BACKGROUND OF “INTERNET +”

##### 4. 1. Sports Risk Prevention Board

At present, under the "Internet +" environment, medical colleges and universities should increase their financial support for sports construction, integrate the resources of all parties in medical colleges and universities, give full play to the advantages of grid management and Internet technology, integrate the three-dimensional space of campus space (human), information space (machine) and physical space (object), implement the integration of Internet management mode and grid management mode, break down the traditional management concepts and barriers, realize the integration of human, machine and material multi-space grid management at the theoretical, technical, equipment and application demonstration levels, Through the information campus, the grid management platform of big data sharing, monitoring, thermal map, early warning and command of sports grid area is set up to realize the sharing of information resources, strengthen the vertical efficiency management of sports risk management function department, enhance the horizontal kinetic energy management among sports risk management departments, improve the accessibility of information communication path in grid, and realize the " precision ", " fine "and" intelligent "innovation mechanism of sports classroom risk prevention and control from horizontal management to side and vertical management to the end. as shown in figure 3.

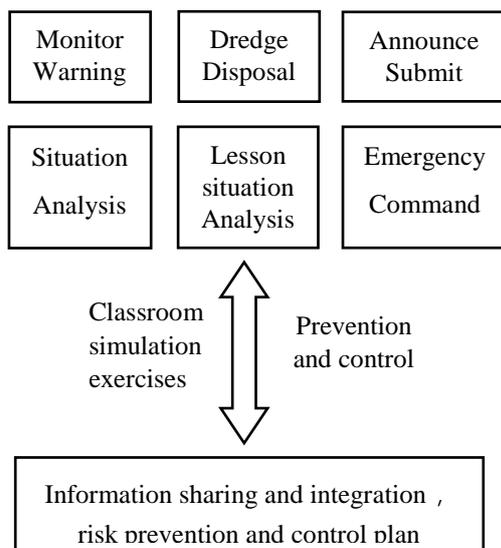


Figure 3 Scene dynamic management model of physical education classroom risk grid prevention and control

##### 4. 2. Construction of Normalization Mechanism for Monitoring and Early Warning of Sports Risk in Physical Education Classroom

Using grid management to establish and improve the standard flow and data collection standard of grid information staff to collect students' personal information, combine medical health examination, all kinds of grid workers at all levels to understand and master different students' situation, establish electronic file database and unified identity authentication system of students' physical health, and implement grid management according to duty orientation and classification. In content, implement multi-channel and regular collection of various health information to ensure the integrity and scientificity of the information. In time, it runs through the entire life cycle process to ensure the continuity and timeliness of information [9].

Through strengthening the monitoring of physical education classroom risk public opinion in medical colleges and universities, innovating the sports risk monitoring means combined with online and offline, actively perfecting the sports classroom risk Internet public opinion analysis and early warning system, Real-time monitoring, tracking, mastering the campus Internet sports risk negative sensitive public opinion development situation, establish and improve the physical education classroom risk management and hidden trouble management dual prevention system.

We should pay attention to the combination of grid management points, lines and surfaces, new Internet technology and traditional technology, strengthen the application of Internet technology in physical education classroom, monitor the heart rate, blood pressure and sleep quality of students before and after exercise through the use of smart wear monitoring technology, smart phone software, etc., grasp the intensity of exercise according to real-time data, strengthen the analysis of physical education classroom learning situation, collect and judge students' skill state and dynamic monitoring and early warning mechanism of sports data in the whole process in time [9]. In the event of abnormal real-time monitoring data to achieve intelligent alarm, to create a medical characteristics of physical education classroom risk warning mechanism and grid prevention and control standardization process, the construction of physical education classroom risk prevention and control joint construction of joint prevention and control innovation mechanism.

#### ***4. 3. Construction of a Physical Education Classroom Risk Prevention and Control Guarantee Mechanism***

Strengthen and perfect the construction of relevant laws and regulations in the field of campus sports risk, and conscientiously evaluate the laws and regulations related to sports. From the point of view of protecting students' health and ensuring the safety of campus sports, we must bring sports risk prevention and control into the campus governance system, systematically plan the construction of campus sports risk prevention and control and governance system, and actively construct the legal guarantee mechanism of sports classroom risk. Improve the modernization of campus sports risk management ability.

According to the regional layout of the campus geographical space of medical colleges and universities, scientific research, establish and optimize the regular guarantee mechanism of first aid materials, implement grid area management of sports teaching venues (ground), and configure the corresponding medical first aid kit, AED (automatic external defibrillator) and other emergency materials in the prominent position of the corresponding grid area to deal with sudden sports injury or cardiac arrest.

#### ***4. 4. Construction of an Emergency Drill Mechanism for Prevention and Control of Physical Education Classroom Risk***

According to the harm degree and influence range of sports risk, medical colleges and universities should give full play to the medical advantages of medical colleges and universities, establish emergency medical rescue mechanism with nearby affiliated hospitals, perfect sports risk grid prevention and control emergency response mechanism, and establish centralized, unified and efficient grid control leadership command mechanism and organization mechanism. The decision-making mechanism of prevention and control of sudden sports risk events is established, and the comprehensive and accurate risk study of sudden sports risk events is carried out, and the rapid response mechanism of accurate scientific decision-making and deployment is constructed. Collect the latest public opinion trends about campus sports risk prevention and control in time, hold regular special seminar on sports classroom sports risk situation at the beginning and end of each semester, carry on the comprehensive evaluation and analysis to the whole grid physical education classroom risk, prevent and accurately control the short board of sports classroom risk prevention and control. Improve the scientific and effective coordination mechanism, improve the medical colleges and universities physical education classroom risk grid

prevention and control norms and emergency management mechanism.

Revise and perfect the emergency plan of the sudden physical education classroom risk event at the school level, and carry out the emergency drill of the whole element of the physical education classroom risk regularly against the plan, and carry on the dynamic adjustment to the plan according to the actual need [10]. To achieve accurate and effective handling of sudden physical education classroom risk events, further improve the physical education classroom rules and regulations and grid management of sports risk prevention and control mechanism. Through the regular exercise, improve the physical education classroom risk monitoring and early warning, information reporting, emergency disposal and other related standards; improve the coordination and joint combat ability between emergency rescue teams at all levels of grid, regularly carry out sports risk prevention and control exercises with modular, standardized, grid and other management processes. Through this all-round, all-factor grid management exercise, improve the medical colleges and universities to deal with sudden physical education classroom risk events rapid emergency response ability.

#### ***4. 5. Establishment of a Medical Insurance and Assistance System for Sports Risks***

Actively explore the medical emergency rescue system applicable to sports risk events in medical schools, and build a medical rescue mechanism compatible with basic medical insurance, critical illness insurance, medical assistance and other systems [11]; It is also necessary to give full play to the medical protection role of commercial health insurance in sudden sports risk events to eliminate the psychological burden of physical education teachers in the teaching process; It can also refer to the establishment of a sports insurance system by universities in developed countries, integrate resources from multiple schools, families, and society, and specifically set up comprehensive insurance for sports risk accidents.

Innovatively explore the establishment of a special preparation fund for sports risk accidents in medical schools. This special fund can be a combination of various forms. It is explored to be led by the government and participate in the participation of schools, families, society and other parties to build a comprehensive and full coverage of sports The mechanism of sharing responsibility for risk events has effectively reduced the pressure on sports risks for medical schools.

#### ***4. 6. Establishment of a Regular Mechanism for the Dissemination and Training of Emergency Rescue Skills***

Medical colleges and universities should actively explore the establishment of a sports-medicine integration training mechanism, give full play to the advantages of medical colleges' teachers and medical resources, and regularly invite experts in related fields to conduct theory and practice on faculty and students' sports safety awareness and first aid knowledge and skills. Normalization of skills training use scientific and effective methods to effectively improve the sports risk awareness and concepts of students, faculty and staff, and emergency response ability to respond to sports risk events, first aid skills, etc., and those who pass the corresponding assessments must be issued corresponding first aid grade certificates to explore the integrated development of sports and medicine. For the society to train and reserve more sports emergency personnel teams with medical background.

Through the establishment of a normalized mechanism for the publicity and training of emergency rescue skills in medical schools, we will continue to strengthen the mass prevention and management mechanism of sports risks, and comprehensively strengthen the publicity of medical students' sports risk prevention and control knowledge through various channels such as campus new media platforms and publicity panels consolidate the construction of key teams such as school hospital medical staff, grid management members, and Red Cross societies, effectively improve the ability of medical schools to avoid sports risks and self-rescue and mutual rescue in emergency situations, and actively build a comprehensive, all-member sports participation with medical characteristics Risk prevention and control management mechanism.

#### ***4. 7. Establishing a Scientific and Normative Incentive Mechanism for Supervision and Evaluation***

Medical colleges and universities should strengthen the implementation of the safety responsibility of sports risk prevention and control, give full play to the functions of grid management at all levels, implement the supervision and guidance responsibility of physical education classroom risk prevention and control, employ third-party professional institutions to formulate scientific and standardized supervision and evaluation programs. In order to carry out the dynamic evaluation mechanism of the physical education classroom risk hidden danger, organize the stage supervision inspection and the joint inspection, comb the sports risk hidden danger, through the interview, the listing supervision and so on way promotes each physical education

classroom risk prevention and control measure to carry out, obtains the actual effect.

Medical colleges and universities should promote the construction of sports risk prevention and control management to be included in the assessment index of grid workers at all levels, and implement the responsibility, responsibility and responsibility, strictly implement the grid management responsibility system, and incorporate the evaluation results into the corresponding performance appraisal content.

### **5. CONCLUSION**

Based on the background of the times, the current medical school sports classrooms still adopt the traditional sports risk management model, and sports management methods and management systems have been seriously lagging behind, which are out of the management needs of the development of the times. Sports risk prevention research is still the hotspot and trend of future research, and which methods should we adopted for risk prevention need to be explored [12]. Medical colleges and universities should have innovative and transformative thinking. Under the environment of "Internet +", medical colleges and universities should strengthen and innovate sports classroom risk prevention and management concepts, make full use of grid theory and Internet technology to integrate and innovate, and integrate sports risk awareness Crisis awareness is integrated into the construction of campus culture, we must adhere to the risk-oriented physical education classroom, combine the special management of physical classroom risk prevention and control with systematic governance, comprehensive management, and source governance, adhere to the organic combination of multiple mechanisms for physical classroom risk prevention and control, and follow the concept of integrated physical and medical development to create multiple The "one net" of risk prevention and control in sports classrooms with seamless connection of multi-level grid and joint prevention and control, construct a scientific and standardized physical education classroom risk prevention and control mechanism and its theoretical framework for medical colleges and universities, actively explore the reform pilots of sports risk prevention and control in medical colleges, summarize and promote applications in time, and finally provide theoretical reference and practice for preventing and dissolving sports classroom risks in medical colleges Research, create a sports classroom risk prevention and control governance pattern with medical characteristics that is co-construction, co-governance and sharing, and build a sports classroom risk prevention and control community in which everyone is responsible and everyone is responsible.

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