

Article

A study on the relationship between students' Ice and Snow sports ability and quality of life based on sports biomechanics

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Abstract: This study investigated the relationship between students' level of competence in Ice and Snow sports and their quality of life at Heilongjiang Institute of Construction Technology. It examined the participants' profile namely gender, grade level, and program of study, assessed their level of competence in knowledge, skills, and attitude towards Ice and Snow sports, and measured their quality of life across physical, psychological, environmental, and social domains. The study also explored significant differences in competence and quality of life across participant profiles, investigated the relationship between these two constructs, and identified problems and challenges faced by students in relation to Ice and Snow sports. Biomechanical analysis reveals that regular participation enhances postural stability (ROM improvement 15%–22%) and muscle coordination efficiency (EMG variance reduction 18% ± 3%), mediating 31% of QoL improvement through physiological adaptation pathways. It employed a mixed research approach and included students and teachers as participants. Participants were selected through a random sampling technique using the Lynch formula. Results show that participants' level of competence on Ice and Snow sports is high in terms of knowledge, skills, and attitude. Additionally, they have a high level of quality of life in terms of physical, psychological, environmental, and social relationships. Based on the findings, the research proposed a plan of action to enhance both students' competence in Ice and Snow sports and their overall quality of life, aiming to provide insights for improving educational and recreational programs within the context of the Heilongjiang Institute of Construction Technology.

Keywords: sports biomechanics; competence; Ice and Snow sports; quality of life

1. Introduction

Ice and Snow sports are gaining popularity globally, particularly in colder countries, due to rising living standards and diverse lifestyles. These sports not only serve as prominent winter recreational activities but also contribute significantly to the tourism industry [1]. They offer considerable health benefits, prompting many schools to introduce related courses. These activities improve physical fitness by burning calories and enhancing muscle exercise, while also boosting mental agility and coordination through sports like skiing and ice hockey.

Psychologically, Ice and Snow sports build resilience, confidence, and patience, as they require navigating challenging environments and making strategic decisions. This enhances emotional control and endurance.

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Table of Contents Study Of The Relationship Between Rate And Ability

1. Understanding the eBook Study Of The Relationship Between Rate And Ability
 - The Rise of Digital Reading Study Of The Relationship Between Rate And Ability
 - Advantages of eBooks Over Traditional Books
2. Identifying Study Of The Relationship Between Rate And Ability
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Study Of The Relationship Between Rate And Ability
 - User-Friendly Interface
4. Exploring eBook Recommendations from Study Of The Relationship Between Rate And Ability
 - Personalized Recommendations
 - Study Of The Relationship Between Rate And Ability User Reviews and Ratings
 - Study Of The Relationship Between Rate And Ability and Bestseller Lists
5. Accessing Study Of The Relationship Between Rate And Ability Free and Paid eBooks
 - Study Of The Relationship Between Rate And Ability Public Domain eBooks
 - Study Of The Relationship Between Rate And Ability eBook Subscription Services
 - Study Of The Relationship Between Rate And Ability Budget-Friendly Options
6. Navigating Study Of The Relationship Between Rate And Ability eBook Formats

- ePub, PDF, MOBI, and More
 - Study Of The Relationship Between Rate And Ability Compatibility with Devices
 - Study Of The Relationship Between Rate And Ability Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Study Of The Relationship Between Rate And Ability
 - Highlighting and Note-Taking Study Of The Relationship Between Rate And Ability
 - Interactive Elements Study Of The Relationship Between Rate And Ability
 8. Staying Engaged with Study Of The Relationship Between Rate And Ability
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Study Of The Relationship Between Rate And Ability
 9. Balancing eBooks and Physical Books Study Of The Relationship Between Rate And Ability
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Study Of The Relationship Between Rate And Ability
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Study Of The Relationship Between Rate And Ability
 - Setting Reading Goals Study Of The Relationship Between Rate And Ability
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Study Of The Relationship Between Rate And Ability
 - Fact-Checking eBook Content of Study Of The Relationship Between Rate And Ability
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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