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Analysis and Suggestion for SAFETY When Using Physical Education Facilities in Rural Areas in Korea

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Abstract

The start of lifestyle sports in Korea began in 1962 with the introduction of the National Physical Education Promotion Act, but due to economic difficulties, it only started in earnest from the 1980s. In 1986, the National Physical Education Promotion Long-term Plan was established and with the establishment of the National Physical Promotion Comprehensive Plan in 1990 and the first National Physical Promotion 5-year plan in 1993, and the second 5-year National Physical Promotion Plan in 1998, lifestyle sports began to emerge in earnest and its development began.

The purpose of this study is to understand the current state of physical education facilities in rural areas and to analyze the safety consciousness according to physical injuries caused by physical education facility management and users and also to raise consciousness in the safety issues that arises from using physical education facilities.

In 1995, as local self governing government heads began to be directly elected, local governments began to have the characteristic of local residents directly participating in local governance. As a consequence, local governments established lifestyle sports policies to meet the demands of local residents to participate in sports, and implemented policies which activate lifestyle sports to allow the activation of community-centered lifestyle sports.

From 2006 to 2010, facilities for sports and leisure were established with the goal of establishing 2 to 3 sports facilities in each of the eup, myeon and dongs(Korean scale for categorizing cities), and small-scale exercise facilities were installed in places easily accessible to nearby residents. However, since most of the subjects using these physical facilities are elderly people, the injury rate is high when using these physical exercise facilities as they lack knowledge on the safety procedures and knowledge on systematic sports activities, sports safety and skills. In particular, the rural population in Korea is composed of a typical aged society, and the percentage of sports injuries is very high in comparison to the population because there are many elderly people whose cognitive abilities are poor.

The safety management area for using physical education facilities can be divided into physical management, work management, and the personal management of physical education facility users.

The results of this study are as follows.

1)Physical activity safety accidents are caused most frequently by personal mistakes of the users. Therefore, regular education on the use of physical facilities and exercise equipment and safety rules is necessary and physical trainer placement is also necessary.

2)It is necessary to provide administrative support for regular inspection and management of facility safety.

3)In case of an accident, first aid measures and communication with related organizations should be prepared.

As mentioned above, such measures will contribute to reducing physical injuries of sports facility users in rural areas and raise awareness on sports safety.

[Keywords] Sport, Safety, Crisis, Village, Facility

1. Introduction

The start of lifestyle sports in Korea began in 1962 with the introduction of the National Sports Promotion Act, but due to economic difficulties, it only started in earnest from the 1980s. In 1986, the National Physical Education Promotion Long-term Plan was established and with the establishment of the National Physical Education Promotion Comprehensive Plan in 1990 and the first National Physical Education Promotion 5-year plan in 1993, and the second 5-year National Physical Education Promotion Plan in 1998, lifestyle sports began to emerge in earnest and its development began[1].

Especially in 1995, as the head of the local self governing government began to be directly, local governments began to have the characteristic of local residents directly participating in local governance. As a consequence, local governments established lifestyle sports policies to meet the demands of local residents to participate in sports, and implemented policies which activate lifestyle sports to allow the activation of community-centered lifestyle sports[2].

As such, changes in the daily life culture of Korean society are playing a significant role in accepting the needs of residents to participate in sports by using exercise facilities that utilize villages, parks, neighborhood sports facilities, and other resting spaces near residential areas, to revitalize the lifestyles of the local residents. However, due to this, 5% of children at the age of 4 are injured in sports facilities, 3 ~ 11% of injuries come from children participating in sports activities, and 18% of the injuries are sports related injuries which occur after working hours[3].

In Korea, while the elderly population is increasing, there are insufficient skills and knowledge to use sports facilities and sports equipment, knowledge on systematic sports activities, and awareness on sports safety[4]. In particular, the rural population in Korea is a typical aged society, and the percentage of sports injuries will be higher than that of the city because there are many older people whose cognitive abilities are poor.

The purpose of this study is to understand the present situation of physical education facilities in Korea and analyze people's safety consciousness according to the management of physical education facilities and use of facilities, increase safety consciousness, and aid in preventing sports safety accidents.

2. Current Status of Rural Sports Facilities in Korea

Established upon the Act on the Establishment and Utilization of Physical Facilities Article 6 to allow easy access to indoor and outdoor athletic facilities for nearby residents in cities, counties and districts, and outdoor facilities in towns, villages, and towns, physical education facilities are installed and operated by the state and local governments. As a result, now there are facilities such as the National Sports Center, Culture and Sports Center for Farmers and Fishers, Lifestyle Sports Parks, Village sports facility, natural grass fields, and Village mini playgrounds established all across the country so that they may be easily accessible by the local residents[5].

However, according to a survey on national participation in sports activity in 2006, respondents in villages with size under eup, myeon, and dong and those who are engaged in agriculture, forestry and fishery, have answered that they want to participate but they either lack or do not have these facilities.

In order to overcome these problems, 21 additional sites were established and operated continuously from 2006 to 2010.

In the "basic plan for the creation of sports parks in Korea" announced in January 2001, the plan has been expanded to include at least one site for each municipality in each city, county and district.

The sports facilities started to be built according to the 2nd National Physical Education Promotion 5 years plan from 1998 to 2002 and natural grass fields in public playgrounds and school sports grounds were built and since 2000 natural grass fields and urethane filled were built together, and in 2003,

a comprehensive sports field development project was promoted.

Since 2004, artificial grass stadium establishment support has been added. In 2005, the name was changed to playing field lifestyle sports facility, and 796 places were created by 2008 through creating grass, urethane fields for public playgrounds and playgrounds for elementary, middle and high school.

The village lifestyle sports facility installation project was promoted as a 'neighborhood sports facility' in 1990 and has been promoted with the aim of installing more than one site in every eup, myeon, and dong in Korea. Since 2002, the project was changed with the aim of establishing 2 ~ 3 sites in 3,571 locations nationwide(as of January 1, 2004) in every eup, myeon, and dong, and these sites were established in places easily accessible by nearby residents such as trails, mineral springs, village public spaces etc.. A total of 5,432 locations were installed, including 150 in 2002, 162 in 2003, 154 in 2004, 127 in 2005, 162 in 2006, 142 in 2007, and 150 in 2008[6]. Thus, even in rural areas in Korea, facilities for lifestyle sports are diversified centered on local governments. However, most of the subjects using these sports facilities are elderly people, leading to frequent injuries during exercise.

3. Safety Awareness When Using Sports Facilities in Rural Korea

The safety management area for physical education facilities can be divided into physical management of spaces, facilities, fixtures and consumables, and the work management of physical education instruction, general affairs, and various technical persons. Also, it can be divided into personal management in the process of using exercise equipment and utilizing physical facilities. Among them, safety accidents caused by personal mistakes by users are occurring most frequently[7].

Especially, most of the users who use the sports facility in the rural area are elderly people, making their exercise and cognitive

abilities and their ability to cope with dangerous moments often insufficient. Looking at the rural sports facilities, it is often the case that small-sized exercise facilities are installed in eup, myeon and dong where the residents can have the most easy access and these facilities are simple and easy to use. Therefore, users often suffer sports injuries by exercising while lacking basic knowledge on body movements, human body mechanics, and breathing for proper use of instruments [8].

Physical management for safety should establish technical measures to prevent the occurrence of safety accidents by predicting the cause of safety accidents with exercise facilities. Work management should continuously conduct safety education on facility use and periodically inspect facility safety to promptly detect any signs of defects found during safety inspections. In addition, safety advice on the use of the facility and arrangement of security personnel, emergency measures in case of accidents, and communication with related organizations should be prepared[9].

In addition, in order to prevent fire, necessary fire fighting facilities, evacuation facilities, such as fighting water, etc. should be installed according to the size and type of sports facility based on the Fire Service Act and should be managed in advance so that it can function properly in case of fire. In the case of personal management of physical education facilities users, it is very important to thoroughly do prep exercises before actually exercising, and to know precisely how to use the facilities and apparatus, and to control the exercise intensity and amount according to each user's exercise ability in order to prevent injuries during exercise[10].

It is difficult to arrange sports instructors in every place because of the regional characteristics of the rural areas. However, it is necessary to increase the safety consciousness of the users of physical education facilities by arranging the leaders per 2 or 3 regions. Especially, the rural sports facilities in Korea have absolutely more small facilities than big facilities[11]. These facilities are frequently used by local residents, but they are installed

below the facility standards and have many difficulties in repair, maintenance and management. Most lack clubhouses and showers and other auxiliary facilities[12].

4. Conclusion

After analyzing the current status of physical education facilities in rural areas of Korea, this research has reached the following conclusions.

Currently, Korea has a lot of small exercise facilities in places easily accessible to nearby residents. However, rural areas in Korea have a typical aged society. Most of the elderly people use these facilities with a lack of knowledge and skills about sports facilities, systematic sports activities, and sports safety. Thus, this results in a significantly high injury rate when using exercise facilities compared to the population.

The safety management area for use of physical education facilities can be divided into physical management, work management, and personal management of the physical education facility users.

1)Physical activity safety accidents are the highest due to personal mistakes caused by users. Regular education on the use of physical facilities and exercise equipment and safety rules is necessary and physical education leader placement is necessary.

2)It is necessary to provide administrative support for regular inspection and management of facility safety.

3)In case of an accident, first aid measures and communication with related organizations should be prepared.

As mentioned above, this paper seeks to correctly understand the lifestyle sports culture by reducing injuries that occur during exercises to users and make effective use of the physical education facilities in rural Korea and aid in preventing sports safety accidents.

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