

a separate sports industry in China, which was almost entirely driven by market forces, rather than by state support.

This market involves membership fees, fees for belt promotion tests, sales of uniforms and equipment, and participation in competitions. In addition, modern business models like franchising have been widely adopted by this industry, thus enabling quick expansion with brand standardization, but also introducing complex contractual and financial relations [2].

However, such rapid commercialization has also led to problems like inconsistent teaching quality, price fluctuations, and lack of management standardization.

Second, these issues reflect that effective measures are needed to ensure a sound and orderly development of the industry and based on a clear regulatory framework. This necessity has given birth to parallel legal discourse.

Correspondingly, the discourse ranges from national regulations for sporting organizations, standards imposed by the Chinese Taekwondo Association regarding instructor certification and curriculum, and micro-level legal practices like contracts signed between students and dojangs, based on which the liability, payment terms, and consumer rights are defined [3].

The interplay of the financial drive for expansion and the legal need for standardization is at the heart of the Taekwondo discourse in China. On one hand, the market competition encourages innovation in marketing and business approach; regulatory bodies and norms are constraining this innovation for the protection of consumers, safety concerns, and preserving the sport's integrity.

It also includes issues regarding intellectual property due to international brands like the World Taekwondo (WT) and management of disputes arising from bodily injury or contractual disputes.

**Conclusion.** The successful localization of Taekwondo in China was thus achieved through a dynamic interplay between financial and legal discourses. The sport indeed prospered through the establishment of robust commercial models that met market demand, coupled with the development of a regulatory framework to manage rapid growth. Such an analysis indicates that the globalization of a sport indeed cannot be understood without one going beyond the cultural appeal of the sport and examining the specific economic and legal structures in place that allow its integration into a new social context. This insight is particularly important for policymakers, sports managers, and investors who look to understand and navigate the new global sports landscape.

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## THE RELATIONSHIP BETWEEN SPORTS INJURIES AND HIGH-INTENSITY TRAINING

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High-intensity training (HIT) has gained widespread adoption in both competitive sports and general fitness communities due to its demonstrated efficiency in enhancing cardiovascular fitness, muscular strength, and athletic performance. However, the complex relationship between HIT and the risk of sports injuries continues to be a subject of persistent concern within sports science research.

The purpose of this work is to systematically investigate the complex relationship between high-intensity training and sports injuries.

**Material and methods.** The research will be conducted utilizing a multi-method approach, including questionnaire surveys, expert interviews, literature review, and experimental methods.

**Results and their discussion.** High-intensity training, as an effective approach to enhance athletic performance, has been widely proven to significantly improve cardiovascular function, promote muscle strength development, optimize body composition, and enhance metabolic levels. However, there exists a close and complex correlation between this training method and sports injuries that requires comprehensive and in-depth understanding. Scientific research indicates that well-designed training programs can not only effectively improve athletic performance for both athletes and fitness enthusiasts but also reduce the risk of sports injuries by increasing muscle strength, improving coordination, and enhancing physical adaptability.

When training intensity exceeds an individual's recovery capacity or technical readiness, the same training content may become a contributing factor to injuries. This transition often occurs under circumstances of improper training load management, incorrect technical movements, or inadequate recovery measures. Particularly noteworthy is that overtraining can not only cause acute injuries but also lead to the accumulation of chronic strain problems, which typically feature prolonged latency periods and difficult recovery processes.

This inherent dialectical relationship demonstrates that injury risk is not an inevitable outcome of high-intensity training but is influenced by multiple interacting factors [1]. Beyond training load as the core element, individual physiological characteristics, technical proficiency, recovery capacity, and psychological state all play crucial roles in this process. Additionally, factors such as training periodization, timely nutritional supplementation, and sleep quality cannot be overlooked, as they collectively form a complex dynamic balance system [2].

Understanding this dialectical relationship holds significant guiding importance for developing scientific training programs. By establishing comprehensive monitoring systems and implementing personalized training plans, we can maintain training intensity within a safe and effective range while fully leveraging the benefits of high-intensity training. This balance should consider not only short-term training effects but also focus on long-term sustainability of sports participation, seeking the optimal integration between training intensity and recovery measures [3].

In practice, this balanced approach should permeate the entire training process. From training program design to specific implementation, from load monitoring to recovery measures, systematic planning based on scientific evidence is essential. Through such comprehensive measures, both athletes and fitness enthusiasts can fully benefit from high-intensity training while minimizing injury risks, ultimately achieving harmonious unity between athletic performance and physical health.

**Conclusion.** For athletes and fitness enthusiasts, high-intensity training and sports injuries maintain an interdependent and transformative dialectical relationship: systematic scientific training not only enhances athletic performance but also builds a physical foundation for injury prevention, while effective preventive measures provide essential safeguards for sustaining high-intensity training. This synergistic relationship necessitates the establishment of a scientific "integration of training and prevention" philosophy, achieved through personalized periodized training plans, precise load monitoring systems, and targeted functional strength training, ultimately realizing the organic unity of training benefits and safety assurance. Competitive athletes should recognize that the scientific training process itself constitutes the most effective preventive measure, while recreational exercisers should understand that reasonable prevention strategies are essential prerequisites for maintaining long-term training consistency. Through the deep integration of training and prevention, participants at all levels can achieve continuous improvement in athletic performance and effective extension of their sporting longevity while ensuring physical well-being.

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