

An Analysis of the Cultivation Path of Social Sports Instructors for the Disabled from the Perspective of Sociology

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Abstract: By using literature, comparative analysis and mathematical statistics, we summarize the favorable conditions for the training of social sports instructors for the disabled, analyze the problems exposed in the process of training and managing social sports instructors for the disabled, and explore the path of training social sports instructors for the disabled in terms of optimizing the personnel composition of social sports instructors for the disabled, developing the three-level linkage model, and rejecting the "fast-food" talent training. "The aim is to solve the practical problems faced in the process of training social sports instructors for the disabled and to provide theoretical support for the development of sports for the disabled in China.

1. Introduction

According to the white paper "Equality, Participation, Sharing: 70 Years of Protection of Rights and Interests of People with Disabilities in New China" published by the Information Office of the State Council on July 25, 2019, the current population of people with disabilities in China is about 85 million. People with disabilities are equal members of the human family and deserve the same respect and social treatment as normal people, and it is the duty of the state to respect and guarantee the human rights and human dignity of people with disabilities so that they can fully participate in social life with equal status and equal opportunities and share the fruits of material and spiritual civilization [1]. People who do not participate in sports activities have a high risk of death and are exposed to high health risks [2], and people with disabilities face higher health risks than able-bodied people, which makes the development of social sports for people with disabilities particularly important. At present, China has made the development of the cause of people with disabilities an important goal of building a moderately prosperous society in all aspects, and has incorporated it into the national development strategy, the overall national economic and social development plan and the national human rights action plan at the same time, and the development of social sports for people with disabilities has become the focus of the development of the cause of people with disabilities in China.

In the process of developing sports for people with disabilities, the profession of social sports instructor for people with disabilities came into being. It is an important force in developing the sports for the disabled, promoting the physical and mental health of the disabled, improving the quality of life and building a socialist spiritual civilization [3]. Since 2011, when the Central Committee implemented the "self-improvement fitness project" and "rehabilitation sports care project" for persons with disabilities and "training for social sports instructors for persons with disabilities", a total of "At present, the cultural and sports participation rate of people with disabilities in China has increased from 10.9% in 2017 to 12.9% in 2018. The training and development of social sports instructors for persons with disabilities provides personnel guarantee and technical support for the participation of persons with disabilities in sports activities on the one hand, and promotes the construction of social service system and social security system for persons with disabilities in China on the other hand.

In the process of social development, people with disabilities deserve the same social treatment as normal people, but the development path of social sports instructors for people with disabilities has seriously deviated from the development path of ordinary social sports instructors. At present, according to the official data of the National Bureau of Statistics, there are 2.112 million general social sports instructors and 104,000 disabled social sports instructors in China; the total population of China is 1.4 billion 1.73 million, of which 1.316.73 billion are able-bodied and 85 million are disabled; the population ratio of general social sports instructors is 1.6 per 1,000 people, while the population ratio of disabled social sports instructors is only 1.6 per 1,000 people. The population ratio of general social sports instructors is 1.6 per 1,000 people, while the population ratio of social sports instructors for persons with disabilities is only 1.2 per 1,000 people, and the number of social sports instructors for persons with disabilities is still quite far from the national strategic goal of a healthy China of 1.9 per 1,000 people by 2022 [4]. In addition, the training process of social sports instructors for persons with disabilities in China also has problems such as the structure of instructors is not in place, the existing training model does not adapt to the different types and degrees of disabilities of persons with disabilities, the disconnect between theoretical learning and practical work in the curriculum of national social sports instructors for persons with disabilities, and the talent training is too "fast food". The problems such as the disconnect between theoretical learning and practical work in the curriculum of national social sports instructors for the disabled and the excessive "fast-food" training. Based on the sociological perspective, this paper summarizes the favorable conditions for the training of social sports instructors for the disabled in China in terms of population, politics and economy, analyzes the shortcomings exposed in the process of training and managing social sports instructors for the disabled, and explores the optimization strategies for the training path of social sports instructors for the disabled in China.

2. Favorable Conditions for the Training of Social Sports Instructors for the Disabled

2.1. Political Dimension: In the New Period of Winning the Victory to Build a Moderately Prosperous Society

Since the 18th national congress, the Central Committee has paid extra attention and care to people with disabilities, promoting the historic progress and remarkable achievements of the cause of people with disabilities in China, and the continuous improvement of the service system for people with disabilities and the human rights protection system for people with disabilities have further enhanced the sense of access, happiness and security of people with disabilities in China. As an important part of the word "people", people with disabilities occupy a pivotal position in this critical period of building a moderately prosperous society, and the social and livelihood issues of people with disabilities can directly affect the success or failure of the critical battle of building a moderately

prosperous society. The social and livelihood issues of people with disabilities can directly affect the success or failure of the key battle of building a moderately prosperous society. In this social environment, the Law of the People's Republic of China on the Protection of Public Cultural Services and the Thirteenth Five-Year Plan for Promoting Equalization of Basic Public Services and other relevant policies and regulations for persons with disabilities have included the content of cultural and sports services for persons with disabilities and incorporated the cultural and sports undertakings of persons with disabilities into the national public cultural service system. At the same time, the state has also issued a series of public sports policies for persons with disabilities, including sports for persons with disabilities in the national basic public sports services and national fitness projects, and including the development of sports for persons with disabilities in the Health China strategy, so as to help the public sports for persons with disabilities with the power of the state and realize the coordinated development of rehabilitation sports, fitness sports, and competitive sports for persons with disabilities [5]; and orderly guide social organizations and the general public to participate in sports services for persons with disabilities. The government has been actively promoting the purchase of services and opening training courses for social sports instructors for persons with disabilities throughout the country, so that the development results of the country's comprehensive building of a well-off society can benefit more, more real, more equitable, and more comprehensively the friends of persons with disabilities nationwide.

2.2. Economic Dimension: The State's investment in the Cause of Disabled People is Increasing Year by Year

According to the white paper "70 Years of Safeguarding the Rights and Interests of Persons with Disabilities in New China" released by the State Council in July 2019, at the level of investment in the cause of persons with disabilities, the financial resources invested in the development of the cause of persons with disabilities by the National Disabled Persons' Federation system during the Eleventh Five-Year Plan (2006-2010) amounted to 57.359 billion yuan, while the financial resources invested during the Twelfth Five-Year Plan (2011-2015) amounted to 145.124 billion yuan. "During the 12th Five-Year Plan period (2011-2015), the national financial investment was 145.124 billion yuan, an increase of 153% over the previous five-year plan. 2016, the opening year of the 13th Five-Year Plan, was the year in which the national Disabled Persons' Federation The financial resources for the development of the cause of persons with disabilities reached a historic 41.669 billion yuan, an increase of 24.154 billion yuan over the same period of the 12th Five-Year Plan (2011), with an increase of 138%. From 2013 to 2017, the financial investment for the cause of disabled persons at all levels exceeded 180 billion yuan, an increase of 123% over the previous five years. Currently, the 13th Five-Year Plan is under development, in which the investment for the cause of persons with disabilities has reached a staggering 221.669 billion yuan. As of 2018, 4,069 service facilities for persons with disabilities have been completed nationwide, 9,036 professional rehabilitation service institutions for persons with disabilities have been established, and the state has implemented two phases of special education school construction projects with a financial investment of 7.142 billion yuan. In the investment dedicated to the development of sports for persons with disabilities, the central special education special subsidy has reached 410 million yuan per year, and 9,053 cultural and sports activity venues for persons with disabilities have been built in provinces, cities, counties and districts nationwide. The state's investment in the cause of people with disabilities has increased year by year, and has achieved corresponding international and social results for the government. By the Rio 2016 Paralympic Games, China's disabled sports teams sent a total of 1,337 disabled athletes to participate in nine consecutive World Summer Paralympic Games, achieving a proud record of 433 gold medals, 339 silver medals and 250 bronze medals, and breaking 261 world records among

the games, winning four consecutive titles in the Paralympic Games gold medal list.

2.3. Human Dimension: The Promotion of National Accessibility Helps People with Disabilities to Participate in Sports and Exercise

The accessibility modification of sports facilities for persons with disabilities is an important measure to meet the needs of rehabilitation and sports activities of persons with disabilities and to solve the difficulties of persons with disabilities to participate in community sports activities [6]. In the "National Conference on the Application of Accessible Environment Construction Achievements" held in Shanghai Shanghai International Rehabilitation Center on July 28, 2019, a total of 231 accessibility construction series achievements were launched, covering many aspects such as accessibility regulations and policies, norms and standards, achievement atlases, and successful cases, covering a wide range of urban planning, rural development, information intelligence, tourism scenic spot, home accessibility transformation, etc. Tsinghua University, Renmin University of China and other top Chinese universities are committed to promoting the construction of barrier-free environment in China with science and technology, while the Office for the Promotion of Barrier-Free Environment of China Disabled Persons' Federation and the Institute for Barrier-Free Development are committed to leading the construction of barrier-free environment in China with policies and academic works. Compilation of National Accessibility Regulations and Policies", "Exhibition of Accessibility Achievements of Relevant Departments", "Achievements and Cases of Accessibility Modification of Local Disabled Families", etc., which provide sufficient theoretical basis for the construction of barrier-free environment in China. In this conference, July 28th of every year was set as the "National Accessible Environment Construction Promotion Day".

Since the State Council promulgated and implemented the "Design Code for Accessible Urban Roads and Buildings (for Trial Implementation)" in 1989, China has successively formulated national standards such as "Code for Construction Acceptance and Maintenance of Barrier-Free Facilities", "Code for Barrier-Free Design", "Public Information Graphic Symbols for Signs Part 9: Symbols for Barrier-Free Facilities", and "Barrier-Free Design Guidelines for Urban Public Transportation Facilities". Under the regulation of these standards, China Disabled Persons' Sports Management Center has built 16 barrier-free sports bases for the disabled in China, which are responsible for the training of sports for the disabled, the training of social sports instructors for the disabled and the scientific research and development of barrier-free sports equipment and facilities for the disabled, and these 16 barrier-free sports bases for the disabled have become the forefront of the research of barrier-free sports facilities for the disabled in China. At present, China Sports Management Center for Persons with Disabilities has developed a variety of barrier-free sports and fitness equipment for persons with disabilities, such as LGB01 isometric chest thrust and rowing training machine, LGB02 isometric leg front kick and foot hook training machine, MR100 horizontal exercise bike, i-vib8010 wheelchair full-body vertical rhythm machine, SC101 upper limb function training machine and so on, according to the physiological and psychological characteristics of different persons with disabilities. We have developed "touch sports", "sense sports", "invite in" and "go out" activities for people with disabilities [7]. This has laid a solid foundation for the advancement of the construction of barrier-free sports facilities for the disabled in China. At present, the construction of barrier-free environment for the disabled in China has formed a standardized system [8], and the social and humanistic environment is conducive to the development of sports activities for the disabled.

3. Factors Limiting the Training of Social Sports Instructors for People with Disabilities

3.1. Imbalance in the Population Ratio of Social Sports Instructors for Persons with Disabilities

At present, China has exceeded and surpassed the requirement of 30,000 disabled social sports instructors by 2020 in the Notice on the Issuance of the Medium and Long-term Talent Development Plan for the Cause of Disabled Persons in China (2011-2020) issued by the State Council in February 2011, but according to the development rate of various industries and demographic data in China, the number of disabled social sports instructors is still lacking, and there is still a gap with the population ratio of able-bodied social sports instructors. (See Table 1 for details), the current number of social sports instructors for persons with disabilities in society is still lacking, and there is still a gap with the population ratio of social sports instructors for able-bodied people. According to the data of the white paper "Equality, Participation, Sharing: 70 Years of Protection of Rights and Interests of People with Disabilities in New China" issued by the State Council on July 26, 2019, there are currently about 85 million people with disabilities and 1.3 billion 16.73 million able-bodied people in China, and people with disabilities account for about 6.06% of the total population ratio. Since 2011, when China started to train social sports instructors for the disabled, China has trained 104,000 social sports instructors for the disabled, with a ratio of 1.2 social sports instructors for the disabled per 1,000 disabled people, and 1.6 social sports instructors per 1,000 able-bodied people, and the disabled deserve the same social treatment and livelihood services as the able-bodied, but through data analysis we can find that there is a gap between the current number of social sports instructors for the disabled and the number of social sports instructors for the able-bodied, and the existing number of social sports instructors for the disabled cannot meet the needs of 85 million disabled people and about 1700 disabled sports population in China [9], and the population ratio is imbalanced. According to the Health China Action (2019-2030) issued by the State Council on July 15, 2019, the population ratio of social sports instructors for able-bodied people in China has completed the 12th Five-Year Plan period, and the population ratio of social sports instructors for able-bodied people is expected to reach 1.9 per 1,000 people by 2022, so if we do not accelerate the training of social sports instructors for people with disabilities If we do not accelerate the training of social sports instructors for persons with disabilities and improve the training path, according to the current status of the training of social sports instructors for persons with disabilities, we will not be able to catch up with the development of social sports instructors for able-bodied persons and complete the target set for 2022.

Table 1: Table of the population ratio of sports instructors in China

	Sound Human	People with disabilities
Total population	About 1.3 billion 16.73 million people	About 85 million people
Social Sports Instructor	2,112,000 people	About 104,000 people
Percentage of population	1.6 per 1,000 people	1.2 per 1,000 people
Expected percentage in 2022	Reaching more than 1.9 per 1,000 people	Reaching more than 1.9 per 1,000 people
Expected percentage in 2030	Reaching more than 1.9 per 1,000 people	Reaching more than 1.9 per 1,000 people

3.2. The Structure of Instructors is not Well Differentiated and Fails to Adapt to the Degree of Disability of Various Types of Persons with Disabilities

In the process of participation of people with disabilities in major sports, professional graders subset different disabilities according to the type of disability, the degree of impairment, and whether

it will affect the course of the sport activity, in order to adapt to the physical and mental characteristics of each type of disability, so that they can better participate in the sport. The process of grading people with disabilities is tedious and subjective, so the individual associations of the International Paralympic Committee (IPC), according to the characteristics of each type of sport, have designed grading cards for recording the grading process [10], through which the sports grades of people with disabilities are assessed and recorded. Let disabled people participate in sports activities suitable for their own characteristics through grading, which helps disabled people to exercise in sports activities, enhance physical fitness, and promote the development of physical and mental health. At present, social sports instructors for disabled people in China do not form targeted guidance for different types of disability, degree of disability, and composition structure of disabled people in society, and there are certain problems in the composition structure of social sports instructors for disabled people. There are certain problems in the structure of social sports instructors for the disabled.

According to the latest statistics of China Disabled Persons' Federation (CDPF), among about 85 million disabled persons in China, there are 59.84 million people with moderate and mild disabilities and 25.18 million people with severe disabilities according to the classification of disability levels; according to the classification of disability types, there are 7 types of disabilities, see Table 2 for details. model, only distinguishing the five types of intellectual disability, deafness, blindness, Down's syndrome, and physical disability, but in practice, the China Disabled Persons' Federation divided disabled people into seven types of visual, hearing, speech, physical, intellectual, mental, and multiple disabilities and three disability levels of mild, moderate, and severe [11], and the current training of social instructors for disabled people in China fails to train disabled people according to their disability degree and disability type separately. There is a problem of inappropriate structural differentiation and failure to adapt to various types of disabilities. The reason for this situation is the disconnect between top-level design and grassroots practice, which does not take into account the physical and mental peculiarities of the comprehensive disabled group, which causes the problems of insufficient professional skills, inadequate protection of disabled people's sports and wrong guidance when instructors instruct sports activities and provide sports services to different types or levels of disabled people in the community.

Table 2: Statistical table of the types of disabilities in China

Type	Number of people	Percentage of	Ranking
Visual disability	12.63 million people	14.85 percent	4
Hearing disability	20.54 million people	24.16%	2
Speech Disability	1.3 million people	1.52%	7
Physical Disability	24.72 million people	29.08%	1
Intellectual disability	5.68 million people	6.68%	6
Mental disability	6.29 million people	7.40 %	5
Multiple disabilities	13.86 million people	16.31%	3

3.3. There is a "Short-sighted Effect" in the National Professional Curriculum, and there is a Disconnect between Top-level Design and Grassroots Practice

The purpose of the training course for social sports instructors for the disabled in China is to further improve the basic service system of sports for the disabled, to consolidate the construction of the sports talent for the disabled, to adopt a combination of theory and practice, to organize and carry out sports and fitness programs including the promotion and teaching of the methods of sports and fitness programs for the disabled, to popularize the basic theory of sports and fitness for the disabled and the knowledge of sports for the disabled, and to focus on the cultivation of grassroots sports and fitness

instructors with the ability to consult and guide, expand programs

Table 3: China's disabled social sports instructors training curriculum (30 hours)

Serial number	Course Category	Training Subjects	Training hours
1	General Course	Sports Development for People with Disabilities	1.5
2	General Course	China Social Sports Instructor System	1.5
3	General Course	Design of physical exercise activities for people with disabilities	2
4	General Course	Organization and implementation of sports and fitness activities for people with disabilities in the community	2
5	General Course	Physical fitness instructor training curriculum design and training organization for persons with disabilities	0.5
6	General Course	Exercise prescription and chronic diseases	2
7	General Course	Functional assessment and basic applications for people with disabilities	2
8	General Course	First aid and prevention of sports injuries for people with disabilities	2
9	General Course	How to achieve effective communication with people with disabilities	2
10	Monograph Courses	Intellectual disability characteristics and physical activity exercise methods and guidance	2
11	Monograph Courses	Deaf people characteristics and physical activity exercise methods and guidance	2
12	Monograph Courses	Characteristics of blindness and physical activity exercise methods and guidance	2
13	Monograph Courses	Down's syndrome characteristics and physical activity exercise methods and guidance	2
14	Monograph Courses	Physical activity exercise methods and guidance for physically disabled people (cerebral palsy)	1.5
15	Monograph Courses	Physically disabled (amputation) physical activity exercise methods and guidance	1.5
16	Monograph Courses	Physical activity exercise methods and guidance for people with physical disabilities (spinal cord injury)	1.5
17	Hands-on courses	The use and maintenance of common fitness equipment	2
Total number of class hours			30

The work of social sports instructors for persons with disabilities has certain special characteristics, and the trained talents need to do a lot of practical work, and have the knowledge and skills to instruct persons with disabilities in physical exercise, comply with the rules and regulations, strictly implement the codes of conduct in their work, love sports and fitness work for persons with disabilities, and have the spirit of dedication and good professional ethics. When facing people with different cultural backgrounds, different types of disabilities and different social status, social sports instructors for people with disabilities must show a high degree of patience, love and responsibility, which requires the cultivation of talents with high cultural literacy and strong social adaptability, which is difficult to cultivate in a short period of time, and also requires the training institutions to provide more practical work in the training process. This kind of talent is difficult to cultivate in a short period of time, and also requires the training institutions to provide more practical work opportunities during the training process.

However, the current situation of social sports instructor training for people with disabilities in China is: the training time is usually 5-7 days; the training place is usually temporary recruiting local college classrooms; the training courses are as shown in Table 3, among the 17 training courses, there are 9 general courses, 7 special courses, and only one more important practical course, which accounts for only two of the total 30 hours; the education requirement for the participants is only junior high school or above; there is no secondary training after passing the examination. The requirement is only junior high school or above; after passing the examination, the qualification of permanent disabled social sports instructor is obtained, and no secondary training is set. Thus, it seems that the training of social sports instructors for persons with disabilities in China has major problems, and although the "Medium and Long-term Talent Development Plan for China's Disabled People's Career (2011-2020)" formulated in 2011 has been completed ahead of schedule and exceeded, it is difficult to guarantee the quality of talents. At present, the training mode, time and curriculum of social sports instructors for persons with disabilities in China, the training time of 5 days and 30 hours is obviously a little bit urgent and eager to achieve; and for the work of social sports instructors for persons with disabilities, which requires almost full practical operation, only one course and 2 hours are set in the talent training process, which is somewhat suspicious of talking on paper and working behind closed doors, all of which reflect that This all reflects the disconnect between top-level design and grassroots practice in the process of selecting the training path of social sports instructors for the disabled by the relevant government departments, and reveals the problems of the "fast-food" talent training mode of the relevant departments.

4. Exploration of the Cultivation Path of Social Sports Instructors for the Disabled

4.1. Optimize the Personnel Composition of Social Sports Instructors for Disabled People

As a direct result of the training process of social sports instructors in China, the quality of the team of social sports instructors for persons with disabilities in China is the primary issue for its development. First of all, the problem of disconnection between top-level design and grassroots practice should be improved: taking into account the current reality of the development of sports for the disabled in China and the real needs of the disabled in society, a "top-down" work system should be established, in which the state sets the goals and requirements, local governments are responsible for arranging specific tasks according to the actual situation, and community and social sports organizations are responsible for specific implementation. "At the same time, a "bottom-up" feedback mechanism is established, whereby grassroots communities and sports organizations provide regular feedback on the work carried out and the problems they face, and the state and the government introduce corresponding measures to solve the problems that arise. Secondly, according to the grading standards of the International Paralympic Committee (IPC) for the participation of people with disabilities in sports activities, and taking into account the actual situation of the development of the cause of people with disabilities in China, we should establish our own "Grading Standards for Social Sports for People with Disabilities in China" and "Grading Standards for Social Sports Instructors for People with Disabilities" with Chinese characteristics, so as to optimize the composition of social sports instructors for people with disabilities in China by grading sports for people with disabilities in China. In order to optimize the composition structure of social sports instructors for the disabled and train them in a more targeted manner, the majority of disabled people can receive more professional and appropriate sports instruction. Finally, in order to ensure the openness and transparency of the talent training process of social sports instructors for people with disabilities in China, the government or other training organizations should introduce a teaching supervision model and involve front-line educators, community members and young teachers with cutting-edge knowledge in teaching supervision [12], so that problems can be identified, raised and solved at any

time to promote the sustainable development of social sports instructors for people with disabilities in China.

4.2. Development of the Three-tier Linkage Model of Community-grassroots Sports Organizations-social Sports Instructors for Persons with Disabilities

Community sports for people with disabilities play an important role in promoting the rehabilitation and development of people with disabilities and are one of the important indicators for measuring the development status of the cause of people with disabilities [13], in addition to the fact that most people with disabilities receive various services provided by the government and society through their communities, so the community is the main gathering point for people with disabilities and the main battlefield for the development of social sports for people with disabilities. From the perspective of the development of grassroots sports organizations in China, grassroots sports organizations in China are the main operators of mass sports activities in the community, and most of them are currently more or less limited by various government administrative interventions or are unable to do so due to the lack of resources when developing community sports activities. In terms of social human resources, social sports instructors for persons with disabilities are important human resources for the development of sports for persons with disabilities in China, however, the career development path of social sports instructors for persons with disabilities in China is still not completely free from socially planned economic thinking, and a large number of social sports instructors for persons with disabilities exist in the form of volunteers, who do not have the support of physical organizations and lack the necessary formal full-time positions and salary. As a result, their development not only fails to meet the requirements in terms of professional ability, but also lacks continuity and stability in their actual work. This shows that at present, there is no necessary linkage between the community, grassroots sports organizations and social sports instructors for people with disabilities, and although conditions are available, a three-tier linkage model has not been formed.

The three-level linkage model can achieve seamless point-to-point management of management functions from horizontal to vertical [14]; it can realize the social needs of all-round perception of social opinion, rapid and timely transmission of information, and accurate response to people's livelihood at the information level [15], which has strong practical significance and realistic value. China should form a three-level linkage model based on the community, with grassroots sports organizations as the basic units and implementation subjects of social sports activities for people with disabilities, and with social sports instructors for people with disabilities as the actual operators, with the community as the "incubator" of grassroots sports organizations, and with a variety of grassroots sports organizations supported and cultivated in the community, with The grassroots sports organizations serve as the basic organizational units of social sports activities for people with disabilities in the community, while allowing various entities at all levels to directly participate in the community-level sports activities for people with disabilities, and to guide and evaluate the various sports activities carried out by grassroots social sports organizations in the community, in the process of which the neighborhood committees and street offices of the community play a management, supervision and coordination role for the grassroots sports organizations, and at the same time In this process, community neighborhood committees and street offices play the role of management, supervision and coordination of grassroots sports organizations, while coordinating and cooperating with individual sports associations in the community to carry out guidance work. Such a three-tier linkage model can make the development of social sports for people with disabilities in China truly realize their respective roles, give full play to their subjective initiative, achieve complementarity and coordination among the three, and jointly promote the development of sports for people with

disabilities in China.

4.3. Rejecting the "Fast-food" Talent Training Model and "Empowering" Social Sports Instructors for Persons with Disabilities

Although the "fast-food" talent training mode can guarantee the quantity of trained talents, it is difficult to guarantee the quality of talents. The next step should be to shift the focus of development from quantity to quality, from the "fast-food" talent training mode to the "nutrition package" talent training mode [16]. As mentioned above, under the "fast-food" talent training model, there are some problems in the training courses for social sports instructors with disabilities in China. From the perspective of optimizing the training path, improving the quality of talents and enhancing their abilities, we can first solve the problems at three levels: training objectives, training time and curriculum [16]. On the issue of training objectives, relevant government departments should improve the relationship between top-level design and grassroots practice as soon as possible, combine the actual situation of the development of the cause of disabled people in the local area, and tailor the curriculum objectives and requirements for the training courses in each area, so that the curriculum objectives and curriculum settings fit together. On the issue of training time, the existing 5-7 days training course seems to be somewhat hasty, while the reality is that talent training is difficult to achieve quickly. The training organizers and organizers should recognize the actual situation of talent training and extend the training length of each batch of training courses to about fifteen days, so as to give the trainees more time to think and digest. On the issue of curriculum, the training hours of practical courses should be increased, the current 2 hours of practical courses are far from meeting the practical requirements of the profession of social sports instructors for the disabled, the practical courses should at least correspond to the number of hours of the monograph courses to avoid the situation of closed doors on paper; the types of monograph courses should be opened according to the current classification of the disabled in China for the visually impaired, hearing impaired, speech impaired, physically impaired, intellectually impaired, etc. In the course of these seven types of courses, they should be divided into mild, moderate, and severe according to the national standards of the disabled, so as to meet the situation that there are many different kinds of disabled people in our society.

There is a more important point to "empower" the disabled social sports instructors in China, and that is the establishment of "incentive mechanism". At present, social sports instructors for the disabled in China are essentially serving as volunteers, and in terms of volunteer service, if the incentive mechanism for volunteers is missing in the process of volunteer service, ignoring the needs of volunteers and making volunteers lack a sense of belonging and security, volunteers will enter a state of weakened motivation, low service attitude and work efficiency, and in serious cases, it will also leads to personnel loss [17,18]. Therefore, the importance of establishing an incentive mechanism for disabled social sports instructors is self-evident. The government or relevant authorities should adopt a series of interview techniques such as symposiums to understand the inner thoughts of grassroots disabled social sports instructors, meet their objective needs as much as possible, and introduce incentive measures for the degree of contribution, through which to encourage the motivation of disabled social sports instructors to work and improve the quality of service in China.

5. Conclusion

China is in the new period of winning the victory of building a moderately prosperous society, and the State strive to let every friend with disabilities enjoy the new fruits of socialist development with Chinese characteristics in a more, more real, more equitable and more comprehensive way. Although

there are still some problems in the training path of social sports instructors for persons with disabilities in China, but looking at the nine years of development of social sports instructors for persons with disabilities in China, the overall system is being gradually improved, the corresponding institutional connotation is gradually deepened, and the training path is gradually clear. The goal of the state to build a sports service system for the disabled and improve the cultural and sports life of disabled people has not changed, and the government are still on the road of socialist development with Chinese characteristics, not forgetting the original intention and forging ahead without leaving anyone behind. Under the social expectation of the development of the cause of the disabled, the training of social sports instructors for the disabled in China follows the trend of the development of the times, it is no longer a simple service personnel, but an important driving force to improve the social sports life of the disabled, and is a strong backing in the development of the cause of the disabled in China, its development affects the development of the sports cause of the disabled in China, and is an important part of the realization of the "It is an important part of the strategy of "Healthy China". Therefore, we should optimize the current composition of social sports instructors for persons with disabilities, adopt the "nutrition package" talent training model, and provide comprehensive, professional and targeted guidance for persons with disabilities; establish a three-level linkage model of community-grassroots sports organizations-social sports instructors for persons with disabilities, and promote the social sports instructors for persons with disabilities in China to a healthier, more comprehensive, and more comprehensive team. The three-level linkage model of community - grassroots sports organizations - social sports instructors for persons with disabilities has been established to promote the rapid development of the social sports instructors for persons with disabilities in China in a healthier, comprehensive and sustainable direction.

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