

# *Research on the Integration of Sports and Education and the Cultivation of Competitive Sports Reserve Talents*

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**Abstract:** The aim of this paper is to explore the role played by sport in the construction of a community of human destiny and the measures taken in the strategy. Through the development of a combination of literature review and empirical research, it is concluded that sport serves as a bridge of communication between different peoples and cultures, promotes the development of the global economy and fosters social harmony and unity. Therefore, we need to increase support for sports policies and regulations, promote the development of the sports industry, improve the influence of events, promote the popularity and development of sports programmes, and contribute more to the building of the community of human destiny.

## 1. Introduction

Sports and education have always been viewed as separate entities, with sports being considered more of a leisure activity and education being seen as a serious academic pursuit. However, in recent years, there has been a growing recognition of the potential benefits of integrating sports and education<sup>[1]</sup>. This integration is believed to offer a range of advantages, including improved academic performance, physical health, and character development, as well as the cultivation of competitive sports reserve talents.

This thesis aims to explore the integration of sports and education and its impact on the cultivation of competitive sports reserve talents. Specifically, it will examine the theoretical basis of the integration, the methods and applications of integrating sports and education, and the impact of the integration on the cultivation of competitive sports reserve talents. The thesis will also provide recommendations for the development of sports and education integration in the context of competitive sports reserve talents.

## 2. Purpose of the Study

The aim of the study is to explore how to achieve effective integration in the sport and education systems to promote the healthy physical and mental development of students and improve their

motivation and academic performance, as well as to identify, nurture and develop young people with the potential to become outstanding athletes in order to improve our competitive sporting standards and international competitiveness.

### **3. Research Methodology**

This paper uses the literature review method and expert interviews to explore in depth the integration of sport and education and the development of reserve talents, and to propose feasible suggestions and measures. Results and analysis.

## **4. Results and Analysis**

### **4.1. Theoretical Basis of the Integration of Sports and Education**

The integration of sports and education is based on the recognition that sports and education can complement each other and provide a holistic approach to human development. The theoretical basis of the integration can be traced to the concept of holistic education, which emphasizes the development of the whole person, including intellectual, emotional, social, and physical aspects<sup>[2]</sup>.

According to the holistic education perspective, education should not only focus on intellectual development but also on the development of emotional and physical aspects. Sports can provide a means for developing physical fitness, coordination, and teamwork, as well as promoting emotional and social development through competition, cooperation, and leadership.

In addition, the integration of sports and education is also based on the concept of talent development. The cultivation of competitive sports reserve talents requires a comprehensive approach that includes not only sports training but also academic education, character development, and social skills. The integration of sports and education can provide a more comprehensive approach to talent development, which can enhance the overall quality of competitive sports reserve talents<sup>[5]</sup>.

### **4.2. Methods and Applications of Integrating Sports and Education**

There are various methods and applications of integrating sports and education, including physical education programs, extracurricular sports activities, sports-themed academic courses, and dual-track sports and education programs<sup>[3]</sup>.

Physical education programs are an essential part of school curricula and provide students with the opportunity to develop physical fitness, coordination, and teamwork. In addition, physical education programs can also promote character development by instilling values such as discipline, perseverance, and respect for others.

Extracurricular sports activities provide students with opportunities to participate in sports outside of school hours. These activities can be organized by schools or community organizations and can range from recreational to competitive sports. Extracurricular sports activities can provide students with a range of benefits, including improved physical fitness, social skills, and character development.

Sports-themed academic courses integrate sports-related topics into academic courses, such as history, literature, and mathematics. These courses can help students develop an interest in sports and provide a deeper understanding of the social, cultural, and historical context of sports.

Dual-track sports and education programs provide students with the opportunity to pursue both academic education and sports training simultaneously. These programs are common in countries such as China, where sports are considered an important national priority. Dual-track programs can

provide students with the necessary skills and knowledge to succeed in both academic and sports domains.

### **4.3. Impact of the Integration on the Cultivation of Competitive Sports Reserve Talents**

The integration of sports and education has a significant impact on the cultivation of competitive sports reserve talents. The impact can be observed in several areas, including academic performance, physical fitness, character development, and sports talent cultivation.

#### **4.3.1. Academic Performance**

Research has shown that there is a positive correlation between sports participation and academic performance. Sports participation can improve cognitive skills, such as attention, memory, and problem-solving, which can enhance academic performance. In addition, sports participation can also improve motivation, self-discipline, and time management skills, which are essential for academic success.

#### **4.3.2. Physical Fitness**

Sports participation is also associated with improved physical fitness. Regular physical activity can help reduce the risk of obesity, heart disease, and other chronic health conditions<sup>[4]</sup>. In addition, sports participation can improve motor skills, coordination, and overall physical fitness, which are important for athletic performance.

#### **4.3.3. Character Development**

Sports participation can also promote character development. Participating in sports can help develop values such as teamwork, sportsmanship, discipline, and perseverance. These values can translate into other areas of life, such as academic and professional pursuits.

#### **4.3.4. Sports Talent Cultivation**

The integration of sports and education can also contribute to the cultivation of competitive sports reserve talents. By providing a comprehensive approach to talent development, the integration can enhance the overall quality of sports reserve talents. In addition, sports-themed academic courses can help students develop a deeper understanding of sports and provide the necessary knowledge and skills to succeed in sports.

### **4.4. Recommendations for the Development of Sports and Education Integration**

To maximize the potential benefits of sports and education integration, several recommendations can be made for the development of the integration in the context of competitive sports reserve talents.

First, schools and sports organizations should collaborate to develop comprehensive talent development programs that integrate sports and education. These programs should provide a range of opportunities for students to participate in sports and academic activities and should be tailored to meet the needs of individual students.

Second, sports-themed academic courses should be developed to provide students with a deeper understanding of sports and the social, cultural, and historical context of sports. These courses can help students develop an interest in sports and provide the necessary knowledge and skills to succeed in sports.

Third, extracurricular sports activities should be promoted to provide students with opportunities to participate in sports outside of school hours. These activities can be organized by schools or community organizations and can range from recreational to competitive sports.

Fourth, dual-track sports and education programs should be developed to provide students with the necessary skills and knowledge to succeed in both academic and sports domains. These programs should be designed to balance academic and sports training and should provide a supportive and nurturing environment for students.

#### **4.5. The Integration of Sports and Education and the Training Strategy of Reserve Talents for Competitive Sports**

**Integrating physical education into the primary and secondary school curriculum:** Schools can include physical education as part of the curriculum, providing regular opportunities for students to learn and develop their sporting skills. Physical education in schools is used to identify and develop outstanding sports talent, unlike traditional primary and secondary physical education classes, and through the process of moving from primary to secondary school, schools are used as a training base for the development of competitive sport, and as athletes grow older, systematic training is provided for each school age group to train and reserve reserve talent for our country.

**Establishing sports teams and clubs:** Schools and communities can establish sports teams and clubs for students to participate in, which can provide regular training and competitive opportunities for students with an interest in sports. Schools and communities are the places with the highest concentration of people and where organizing sports training is highly feasible. Community-based training camps can be organized and social instructors can be hired to provide guidance and lay the foundation for the development of sports reserves.

**Partnering with sports organizations:** Schools and communities can partner with sports organizations to provide specialized training and opportunities for students with a particular interest in a specific sport. Once schools and communities have established training camps, they can organize competitions and exchanges with each other to improve their sporting standards through competition and exchange. Sports organizations can focus on selecting good and promising athletes in each school and community for centralised training.

**Developing specialized sports academies:** Specialized sports academies can be established to provide intensive training and development programs for talented athletes in specific sports. In China, the number of professional sports colleges is very small, which is seriously out of proportion to the annual number of college entrance examinations for the Chinese population. The expansion of professional sports colleges allows more sports talents to have a platform to showcase and, through professional sports education, to pursue sports-related careers after graduation, promoting the development of sports while nurturing more sports reserve talents.

**Providing financial and logistical support:** Financial and logistical support, such as funding for equipment and travel expenses, can be provided to talented athletes to support their training and competition. For talented and promising athletes, additional scholarships can be created. For example, there are scholarships for schools, and there could be scholarships for sports team training to encourage and motivate these athletes to train hard.

**Integrating sports education with academic education:** Sports education can be integrated with academic education, providing students with opportunities to learn about the science and technology behind sports, as well as the social and cultural significance of sports. Sport can no longer be defined simply as physical movement, especially competitive sport. The development of a competitive talent requires a full line-up of nutritionists, physical trainers, trainers, psychological counselling etc. Also competitive athletes physical athletic indicators need to be combined with

technology to bring technological movement into their daily training to enhance their competitive performance.

By combining sports education with competitive sports reserve talent development in these ways, individuals can receive a well-rounded education while also pursuing their athletic potential.

## 5. Conclusion

The integration of sports and education offers a range of benefits for the cultivation of competitive sports reserve talents. The integration can provide a comprehensive approach to talent development that includes academic education, sports training, character development, and social skills. The integration can also promote academic performance, physical fitness, and character development. To maximize the potential benefits of sports and education integration, comprehensive talent development programs, sports-themed academic courses, extracurricular sports activities, and dual-track sports and education programs should be developed.

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