

Research on Training Objectives and Management of High-level Athletes from the Perspective of Ecological Environment

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Keywords: Competitive Sports, High-level Athletes, Training Target.

Abstract: The development level of competitive sports determines a country's comprehensive competitiveness. The long-term contradiction between the stages of athletes' professional career and the society's high demand for athletes' comprehensive quality promotes the transformation of the training system of competitive sports talents. Competitive sports emphasizes the need for a reasonable training system to support athletes, especially the training of high-level athletes, which has become a key issue in the development of competitive sports in China. The sustainable development management of high-level sports teams plays a decisive role. It is very important to explore the successful management mode of high-level sports teams, which has great practical significance and use value. This paper attempts to put forward corresponding strategies from the aspects of coach mechanism and athlete construction, so as to ensure the sustainable development of competitive sports in China. Starting from the goal orientation of high-level athletes training, this paper discusses the training goal and management of high-level athletes in Colleges and universities in China, in order to provide theoretical reference for the training of high-level athletes in Colleges and universities in the new era.

1. Introduction

The cultivation and development of competitive sports talents has always been a major issue to be solved urgently in China's sports work. With the development of socialization and professionalization of sports, athletes, as a profession, are increasingly restricted by the brevity of their career [1]. The long-term contradiction between the stages of athletes' professional career and the society's high demand for athletes' comprehensive quality promotes the transformation of the training system of competitive sports talents. In order to maintain the sustainable development of China's competitive sports, we should start from the reality of China's athletes' training system, seek an efficient, reasonable and healthy development path, and promote the healthy and sustainable development of China's competitive sports [2]. The undertaking of high-level sports teams by colleges and universities is an important measure to train outstanding sports talents through the combination of physical education and education, and it is also an important harvest for our country to actively explore the road of collegialization of competitive sports [3]. The purpose of building high-level athletes in ordinary colleges and universities is to train high-level sports talents with all-round development for the country. The goal is to complete the World University Games and major international and domestic sports participation tasks, the Olympic glory program and the sustainable development of competitive sports [4]. After being admitted to a high-level sports team, the contradiction between learning and training is still prominent. Athletes often neglect the study of cultural lessons due to uneven time distribution, which makes athletes' learning attitude very negative [5]. The sustainable development management of high-level sports teams plays a decisive role. It is vital to explore the successful management mode of high-level sports teams, which has great practical significance and use value.

There is still a big gap between the effectiveness of talent training of high-level sports teams in colleges and the goals of running a team, so the reform of the training mode of high-level sports teams in colleges and universities is imperative [6]. Competitive sports emphasize the need for a

reasonable athlete training system, especially for high-level athletes, which has become a key issue for the development of competitive sports in China [7]. In the past years, most of the training was empirical, lacking a scientific and perfect training system, which resulted in coaches being unable to change the training mode in real time according to changes in athletes' physical and psychological qualities. China does not have a unified model for the management of high-level sports teams in ordinary universities. All universities are organized and implemented according to the actual situation of the school, and the management system is not clear. The quality education of athletes should also be paid attention to, and its impact is not only the improvement of competitive skills, but also indispensable for future employment [8]. High-level sports team enrollment has relatively low requirements for cultural performance. High-level athletes often engage in sports training in middle school or even elementary school. They have less time to study cultural courses and have a weak foundation [9]. This article attempts to propose corresponding strategies from the aspects of coaching mechanism and athlete construction to ensure the sustainable development of competitive sports in China, thereby improving the comprehensive strength of competitive sports in China.

2. Current Situation of Talent Cultivation for High-level Sports Teams

2.1 Orientation of Training Objectives

The purpose of building high-level sports teams in ordinary colleges and universities is to train high-level sports talents with all-round development for the country. The goal is to complete the participation tasks of the World University Games and major international and domestic sports competitions. According to the requirements of the Ministry of Education's "Measures for Recruiting High-level Athletes in Colleges and Universities", athletes with higher competitive level can be defined as high-level athletes [10]. While the high-level sports team won the honor, the entire sports team realized its own value and hard training was reflected. The special training project for high-level athletes has promoted the development of quality education in primary and secondary schools, enabling young athletes with athletic talents to enter institutions of higher learning for further study, enhancing the overall competitive quality of our athletes, thus laying a good foundation for the improvement of competitive level [11]. The management of the sports team should seize this opportunity to continuously refine the essence of the spiritual level, so that each member of the sports team can keep the faith of the sports team in mind, and thus stimulate the positive energy of the whole team. Colleges and universities are important channels for training high-level athletes, and high-level athletes mainly come from high-level candidates, active athletes of sports teams and retired athletes.

In practice, some colleges and universities only regard the construction of high-level sports teams as a means to expand the influence of schools, ignoring the all-round development of athletes and the cultivation of their employment competitiveness because of their one-sided understanding of the goal of organizing high-level sports teams and their pursuit of utility. The reform of competitive sports management system has rapidly promoted the professionalization of some sports events. Figure 1 shows the selection process of all participants in team sports.

2.2 Educational Training Mode

In terms of management system, students of high-level sports teams are jointly managed by the school's subordinate sports department and the corresponding departments. The training goal is the general requirement that the state puts forward specific quality specifications for the educated according to the educational purpose, and trains the educated into the people needed by the society. Every link in the training process should be based on the training objectives and specifications of talents. The training goal is the basis for colleges and universities to educate students and is the core of the quality and specification of personnel training. It will play a key role in the training of talents in the future. Due to the relatively short start-up time of social sports specialty, it needs a slow process to be recognized and adapted to the society. In terms of teaching management, most colleges and universities adopt the credit system, while very few colleges and universities adopt the

academic year system. There are two forms of credit system, namely, the credit system with independent professional culture learning and sports training and the credit system with combination of professional culture learning and sports training. From the perspective of curriculum provision in foreign universities, it reflects the flexibility of curriculum provision and its close combination with social needs. The curriculum structure reflects miniaturization and diversification to meet the different needs of society for high-level athletes under the new situation. With the development of modern society, higher requirements have been put forward for physical education professionals.

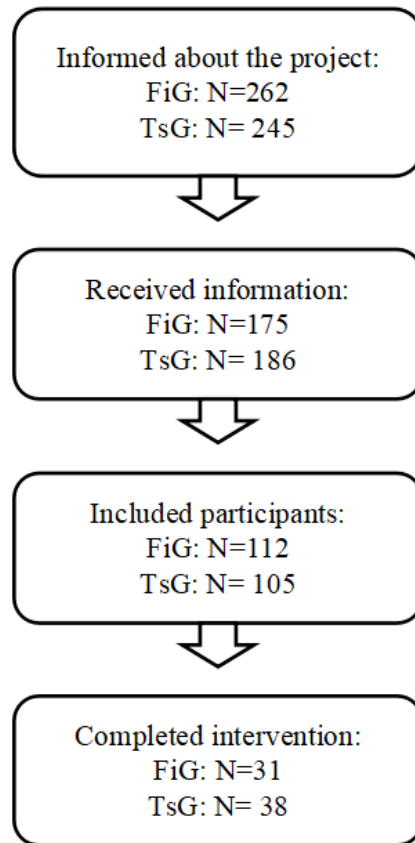


Figure 1 The selection process of all participants in the team sport

3. Constructing a Framework for Training High-level Athletes

Under the background of increasingly fierce international competitive sports pattern, it is necessary to strengthen the cultivation of high-level athletes from a strategic height. All students of high-level sports teams must meet the same standards as other ordinary college students. In order to ensure the smooth graduation of students of high-level sports teams, the school has implemented supporting measures such as separate classes, separate teaching plans and training programs, and flexible schooling system. According to the curriculum and employment orientation determined by the current goal orientation of colleges and universities, the talents trained are not as good as the students majoring in sports management and sports economy, and even worse than the students majoring in related disciplines in ordinary colleges and universities. Appropriate adjustment of the students' professional knowledge structure, increase the intensity of physical education professional curriculum construction, so that the training of physical education professionals to better meet the needs of society. On the basis of reflecting Chinese and local characteristics, we should learn from and introduce foreign advanced certification systems for social sports instructors in colleges and departments of physical education. In order to ensure the quality of high-level athletes, we should set strategic goals, build an effective strategic framework and improve the corresponding support and guarantee mechanism.

The training of high-level athletes should be selected at multiple levels. Selection should be made from professional sports schools, primary and secondary schools, and institutions of higher learning. Sports talents with training potential should be included in the pool of high-level talents. Students majoring in social sports should choose suitable units according to their majors and give full play to their professional characteristics when they are employed. Guidance teachers need to attach importance to the employment guidance work for students so as to comprehensively improve the quality of students themselves. To make the trained physical education professionals better adapt to social development. For example, Table 1 lists the reasons why people are not willing to take part in sports activities and the problems that must be solved to take part in sports activities.

Table 1 Sorting survey results

Reasons for unwillingness to engage in sports activities	No sports facilities	Heavy work, physical and mental fatigue	I don't know how to exercise	No interest	Lack of economic strength
Problems to be Solved in Participating in Sports Activities	Site equipment	Someone to guide	Have economic conditions	Have company	Overcome inertia
Sorting	1	2	3	4	5

The development of China's professional sports is bound to encounter the problem of training reserve talents, which is the inherent deficiency of China's development of professional sports. To have the guidance and organization ability needed in sports activities, one must not only pay attention to specialized subject study, but also pay attention to technical subject course study, so as to develop in an all-round way. Table 2, for example, is a survey of the desire rate of college physical education guidance.

Table 2 Survey on the sub-prime wish rate of college sports guidance

Option	Frequency	Order
Build sports facilities	68.3	1
Open stadiums as much as possible	46.1	2
Have someone direct physical exercise	43.5	3
Strengthen the teaching of exercise methods	33.8	4

For the players who have been trained in professional teams for a long time, they should substantially complete the corresponding cultural quality courses every day and supplement the corresponding intelligent reserves. In the aspect of school physical education, the specialized compulsory courses have strong pertinence and wide adaptability in training the quality of students' teachers. At the same time, it embodies the guiding ideology of school sports health first and lifelong sports. According to the social investigation and study on the knowledge and skills of social sports professionals, sports requiring technical guidance are most likely to be selected. The improvement of the training quality of high-level athletes is naturally inseparable from the construction of coaches [13]. In order to improve the training quality of high-level athletes to a greater extent, we must first improve the professional quality and ideological quality of coaches. In the quality control system, quality monitoring should be strengthened and corresponding monitoring mechanisms should be formulated to ensure the training quality of high-level athletes. As a talent training institution, colleges and universities must speed up their professional adjustment according to social needs. Cultivate compound social sports professionals to meet the needs of China's social sports development. Moreover, we should strengthen the management of high-level athletes participating in competitions, actively participate in various high-level competitions, continuously check their own competitive level, and timely adjust training methods. In the process of constructing the curriculum system of physical education major, the school should pay more attention to the development of physical education curriculum resources. According to their actual situation and regional characteristics, explore all resources and make rational use of them.

4. Conclusion

In today's increasingly competitive world, in order to ensure the stable and healthy development of China's competitive sports and give full play to the leading role of high-level athletes, an

effective training system needs to be implemented. Cultural study and sports training of high-level athletes are a pair of contradictions that are difficult to solve. Reasonable choice of athletes' major is an effective means to ease this contradiction. This paper studies the training system of high-level athletes and explores the training rules of high-level athletes. A good training mechanism is the foundation and fundamental guarantee to realize the training goal of high-level athletes. While strengthening the scientific construction of each mechanism, we should pay attention to the interrelation between the mechanisms to make them an organic whole. In the process of constructing the curriculum system of physical education major, the school should pay more attention to the development of physical education curriculum resources, explore all resources according to its actual situation and regional characteristics, and make rational use of them. Schools should give full play to their scientific research level and talent advantages, promote China's progress from a sports power to a sports power, ensure the healthy and sustainable development of high-level athletes, and finally promote the improvement of competitive sports in China.

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