

A Comparative Study on the Training System of Chinese and American Athletes

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Abstract. Since the 1950s, China's athlete training system has trained a large number of excellent athletes. In the three world competitions, it has achieved excellent sports results and won honors for the motherland. However, with the deepening of the socialist market economy and the continuous expansion of the degree of opening up, the drawbacks of this training system are gradually revealed, which has affected the sustainable development of the whole competitive sports cause. Through the comparative analysis of the training system of American athletes and Chinese athletes, this paper puts forward some suggestions for the healthy development of the training system of Chinese athletes.

Keywords: China and the United States; Athlete Training System; Comparative Study.

1. Introduction

Since the 1950s, China has established a current athlete training system. For decades, this highly integrated training management model has trained a large number of world champions and promoted the supernormal development of Chinese sports. All the high-level athletes come from all levels of sports schools. The amateur training work led by the high-level national reserve talent base and the good connection of professional teams have promoted the convergence of competitive sports talent echelon at the age and sports level and achieved excellent sports results. China's traditional athlete training system has achieved remarkable results. However, with the continuous development of the socialist market economy and the continuous expansion of the degree of opening to the outside world, the drawbacks of the separation of sports and education in the traditional training system are exposed, and the lack of reserve talents has affected the healthy development of professional teams. Our traditional training system has been greatly challenged, so the training of reserve talents has become an important task.

General talent training mode is a dynamic system including training system, curriculum structure, training objectives and so on. The so-called dynamic: on the one hand, with the development of the times, the training objectives of social needs should be adjusted, on the other hand, the training methods should be adjusted at any time with the development of the times. But athletes have their particularities. Besides the above contents, training system and management system also play an important role in the training mode.

China's sport has a high position in the world sports arena, but there is still a certain gap between China and developed countries in the way of training athletes. With the rapid development of sports level and the gradual improvement of sports technology, the requirements for athletes themselves are becoming higher and higher. The National Sports Commission has realized that the existing athlete training system cannot well meet the present and future requirements for training high-level athletes, there are many drawbacks. For example, in the past two years, sports seedlings have been difficult to recruit in various parts of the country. Many amateur sports schools at county and district levels are losing their students. Some sports schools at provincial and municipal levels have difficulties in finding jobs after graduation, and it is difficult to arrange the work of professional team members at provincial and municipal levels after retirement. In the process of athletes' training, sports training is the main focus, ignoring the training of cultural courses and survival skills. After retirement, they cannot adapt to society, which has also caused a great burden for the country. This calls for the reform of education content, means, methods and management system, management system model and so on.

The sports industry of the United States is extremely developed, and it has always been in the leading position in the world. It is also far ahead of other countries in the training of competitive

athletes. It is known that amateur training in Europe and America relies on the education system, that is, the training of competitive talents from the primary level to the high level is rooted in schools, and ultimately forms a high-level professional training system. They regard sport as a special industry and form a whole system of themselves. They can adjust themselves with the changing demands of the times, which avoids the drawbacks caused by the training mode of our country.

China is in the historical period of transition from a planned economy to market economy. A series of profound changes are taking place in all aspects of society, including sports. In terms of personnel training, there are strong requirements for eliminating the brand of the planned economic system and creating a new pattern of personnel training from ideological concepts to quality, quality and training mode. This paper compares the training modes of Athletes between China and the European and American countries in several aspects, and analyses the differences in the process of training athletes between China and the European and American countries, so as to provide some reference for the establishment of a new training model of athletes in China.

Through the comparative analysis of the training system of Chinese and foreign athletes, this paper puts forward some suggestions on the development direction of the training system of Chinese athletes.

2. Training System of Chinese Athletes

After the founding of New China, the training system of reserve talents of competitive sports under the planned economy was able to mobilize and allocate relevant national forces and resources, unite and cooperate to form a joint force under the historical conditions at that time, which played a great role in the rise of competitive sports in China. Over the past decades, a series of excellent results achieved by Chinese athletes in international competitions are very good proof. However, the development of sports is closely related to the development of society and economy. With the gradual transformation of a planned economy to a market economy, opportunities and challenges coexist in the training of reserve talents for competitive sports in China.

At present, China's sports reserve personnel training system includes all kinds of amateur sports schools at all levels of the sports system, schools that carry out amateur training in the education system, sports schools and sports clubs run by social forces. However, in general, sports schools at all levels are still the main channel for the cultivation of reserve talents of competitive sports in China, and the cultivation of reserve talents of competitive sports is still mainly borne by the state. In the new era, the training of reserve talents in competitive sports in China has made new achievements, but at the same time, it has also encountered some new problems:

(1) The main channel of reserve personnel training is still single. Local governments mainly finance the funds of all kinds of sports schools at all levels. Some schools are short of funds and poor conditions for running schools.

(2) The relationship between study and training needs to be coordinated. Except for a few young athletes who take part in amateur training, most of them are facing the problem of reading and employment. The level of cultural quality is related to the future and destiny of individuals. Many parents worry that their children will be delayed in their studies due to amateur training.

(3) In the process of training reserve talents, the interests of some units and individuals are not guaranteed and their enthusiasm is not high.

(4) Some sports have not implemented systematic youth training syllabus adapted to the world development trend, and the training quality is not high.

(5) Some units put too much emphasis on medals and rankings, and the potential of talents exported is not great, which makes it difficult to improve sports performance further.

(6) There are many good and bad schools in society, which cannot create good conditions for talented athletes.

(7) The high cost of paid training in some units even exceeds the economic affordability of ordinary families, resulting in the rejection of some promising sports talents.

3. American Athlete Training System

The U.S. government does not have a department specializing in high-level competitive sports. The U.S. Olympic Committee, the American College Sports Association and professional leagues are responsible for competitive sports.

School-centered competitive sports in the United States have good opportunities for young people to participate in sports from kindergarten to university. Middle school is the cradle of training young athletes, while college is the advanced stage of training excellent athletes. College athletes are the main strength of the American competitive sports team. The vast majority of American athletes participating in the Olympic Games are college athletes. In the United States, the significance of school and university sports is much more important than in Europe, and they occupy a higher position in College education. Institutions under the American educational system can now provide better opportunities for the training of sports reserve talents.

In the United States, there are three types of school physical education: physical education, amateur sports and competitive sports. Students are voluntary to participate in competitive sports activities, and they can choose sports according to their interests and hobbies. In promoting the development of competitive sports, the main interests of schools are concentrated in the field of Inter-school sports. Sports competitions are held among the representative teams of various middle schools. Middle school athletes usually train twice a day (before and after class) and participate in competitions voluntarily. After graduation from high school, colleges and universities took over the task of promoting the development of sports. Most of the middle school students' athletes regard college as their first choice. Many colleges and universities offer scholarships to talented athletes to attract excellent sports talents and help those from the bottom of society realize their dreams of self-development. The American College Sports Association manages Inter-university sports competitions between universities. The American College Sports Association is an independent non-governmental organization responsible for organizing College sports. Members follow the principle of voluntary participation. At present, there are about 1200 member schools, and about 325,000 athletes participate in the sports programs of these schools. The main tasks of the American College Sports Association are: to coordinate and organize competitions; to integrate colleges and universities into the competition system; to control the criteria for recruiting athletes; to formulate criteria for granting sports scholarships; and to conduct negotiations on television broadcasting rights.

The American College Sports Association divides the competition into three groups: A, B and C. Athletes should go through the corresponding qualification procedures to reach a certain level of competitive sports before they can qualify for international competitions. Major U.S. ball events (such as hockey, basketball, etc.) recruit athletes from colleges and universities as professional players through the American College Sports Association.

American schools, especially colleges and universities, have a high degree of commercialization of competitive sports. Although middle school sports and college sports are classified as amateur sports in the United States, they tend professionalization. On the one hand, school sports funds cannot be separated from the financial support of the school; on the other hand, they mainly come from a baseball team, basketball team, football team and other sports teams with strong ornamental, which bring great benefits to the school.

Everything has two sides, and the training system of reserve talents in the United States is not perfect. At present, the prominent problems are: because of the excessive emphasis on commercial interests in competitive sports in Colleges and universities, the development of sports between men and women is unbalanced.

Some sport events with weak ornamentality and little money cannot get the support they deserve; some college athletes are difficult to cope with the double pressures of cultural studies and sports training, and have to make a choice between them; some teenagers' competitions are highly commercialized and pay too much attention to the results of competitions.

4. Systematic Comparison between China and the United States

4.1 Comparison of Athlete Training System

At present, the training of sports talents in our country mainly follows the model of the planned economy period, that is, training and selection from Amateur Sports school→ cities or provincial sports schools→ provincial professional teams/national teams at different levels and places. Athletes start training at the age of 4-8 years, and training time varies from 8-20 years.

Since the founding of New China in 1949, the school has been the "base" of excellent sports reserve talents in China. Although as the national training team, provincial sports team and amateur sports school for children constitute the "three-level" competitive sports training system. However, the division of the current training system in China is basically based on the combination of "age" and "grade stage of cultural learning" and is divided into (1) primary training forms: this stage is mainly to lay a good foundation, expand the scope of talent selection, and establish a third-tier team of athletes. (2) Intermediate training forms: focusing on improving the technical level of sports, training and transferring reserve talents to superior sports teams. (3) Advanced training form: the advanced training form concentrates the essence of provinces, including professional clubs and national athletes, representing the provinces and cities (including professional clubs) or the highest level in the country, and is the first-line team of our athletes. Participate in major international and world competitions, according to the importance of the competition, form different levels of national temporary training teams, short-term training (1-3 months), medium-term training (3-6 months), long-term training (6-12 months).

Our country's sports training system is in accordance with the requirements of "thinking a chess game, organizing a whole process, training consistency system". Starting from a number of projects throughout the country, we have started to establish a system of training athletes at different levels. From an early age, we have selected children and adolescents who have a promising future for training, conducted basic training, and then gradually improved to form a pagoda of talented people with a large foundation and a top-notch.

The training of reserve sports talents in the United States is mainly carried out through three ways. Firstly, inter-school sports organized by schools. As early as the early 20th century, inter-school sports not only played a dominant role in College life, but also high school students began to organize their own competitions. Second, sports organized by municipal and state governments. In addition, various communities have also contributed funds to encourage young people to participate in sports. These sports are mainly responsible by the municipal entertainment department or some youth sports organizations. The minor league is a famous national youth sports organization. Members of the minor league mainly compete with teenagers in their communities. The events involve tennis, gymnastics, figure skating and so on. Some private business groups also actively sponsor youth competitions.

4.2 Comparison of the Training Course Structure

Athletes in our country take sports schools as the center for training and cultural learning. Taking Fujian Province as an example, there are 10 sports schools above the municipal level, of which 3 are Fujian sports schools, Fuzhou sports schools and Xiamen sports schools) belonging to provincial sports schools. Most of these sports schools are semi-astronomical learning and half-day training, with an average of about 20 class hours a week for culture, and about three-fifths of the culture lessons in 18h sports schools; only about one-third of the cultural lessons of provincial and municipal professional teams are in general schools. However, some coaches, in order to achieve sports results as soon as possible, take up a large number of already few cultural classes, making the school which is amateur training become amateur culture school. This phenomenon has been prevalent in some football and martial arts schools in recent years. The lack of cultural knowledge has become the weakness of our athletes. In sports technology, most of the athletes of the provincial and municipal professional teams are at the first level, and a few of them reach the top level. Most

of the athletes of the municipal sports schools are at the second level, a few are at the first level, and even fewer are at the top level.

The same is true of athletes in Universities in China: half-day study and half-day training, six times a week, a total of about 15-20H. The special coaches are responsible for the training. Coaches are part-time physical education teachers. A few universities employ professional coaches from provincial and municipal sports teams to teach. Athletes' training volume and intensity are generally small, and they participate in fewer competitions every year, about 1/3-1/2 of American University athletes.

In some European and American countries, as well as in Hong Kong, Macao, Taiwan and other regions of China, from primary schools to universities, students engaged in sports training are real amateur training. Besides sports, these athletes also have a major in culture and science. But the level of some amateur teams abroad is not low. For example, amateur basketball teams and track and field teams in some American universities can surpass our national teams. At the Atlantic Olympic Games, the number of gold medals won by Stanford University students in the United States exceeds the total number of gold medals won by *China Sports Daily*. Universities in the United States generally set up sports departments, sports departments or individual sports clubs in several forms. Physical education teachers hold coaches or full-time coaches are hired separately. Athletes are trained 2.5-3.5 hours a day. NCAA stipulates that students should not train for more than 4 hours a day and that training should be limited to less than 20 hours a week. Every week, free time is guaranteed for one day and training time is flexible. Because some American universities often employ high-level coaches from foreign universities or clubs, student athletes often drive to training sites after class. American coaches are very strict in training college athletes. They generally require that the techniques should be reasonable and standardized, pay attention to practical results, emphasize the quality of training, pay attention to the intensity of training load, such as track and field, swimming, weightlifting and so on. Ball events emphasize the overall tactical cooperation.

4.3 Comparison of Training Objective

The training mode serves the training objective, which determines and restricts the training mode of talents. At present, the goal of physical education in our country is to train sports professionals who can meet the actual needs of socialist modernization construction, develop morally, intellectually and physically in an all-round way, have good scientific quality, master the basic theory, knowledge and skills of physical education, and receive basic training in scientific research of physical education.

The systematic goal of American competitive sports is not only for competitive sports but for all Americans. There is no clear boundary between competitive sports and mass sports. The goal of Chinese competitive sports is only to meet the needs of international competition in a short time, and less consideration is given to the coordination between competitive sports and mass sports.

In terms of the training objectives of the universities of the two countries, the management objectives of the competitive sports system of Chinese universities range from the "Olympic Glory Plan" for training high-level athletes for the national Olympic Movement to the creation of intangible assets for universities. This is a process from high to low, from big to small, with greater subjectivity and planning with the change of national political and economic system.

The management goal of the competitive sports system in American universities has developed from creating intangible assets spontaneously for universities to cultivate talents for the Olympic Games in the United States. It is a spontaneous process of gradual improvement from low to high, from small to large, with the improvement of the competitive level of competitive sports in Colleges and universities.

5. Enlightenment and Suggestions

5.1 Fully Mobilize Social Forces and Take the Road of Combining Government with Society

Most competitive sports powers attach importance to mobilizing the enthusiasm of all sectors of society in order to lighten the burden of the government and enhance the vitality of reserve personnel training. It is suggested that China should take the road of combining government with society in the training of reserve talents for competitive sports. On the one hand, the government should play the role of macro-control and determine the direction and intensity of investment according to the characteristics of the project. On the other hand, give full play to the enthusiasm of all sectors of society, so that the work of reserve talents is full of vitality and vitality.

5.2 Use Legal Means to Straighten out Relations between Parties and Establish Normal Order

In the training of sports reserve talents, Russia, Germany and other countries pay attention to the initiative of grass-roots coaches and groups and award those who have made outstanding contributions. The United States regulates all kinds of relations by legal means and establishes normal management order. It is suggested that our country should use laws and regulations to manage and supervise sports in the training of reserve talents of competitive sports so as to safeguard the interests of all parties and make the excellent reserve talents trained to become the common goal of everyone.

5.3 Coordinating the Relation between Sports and Life of Young Athletes

Many athletes have to face the problem of how to balance the relationship between sports and other parts of life. Research shows that athletes with balanced development in all aspects are more likely to achieve their sports goals, better able to cope with such pressures as injury and retirement, and more confident in their retired life. It is suggested that while training young athletes in sports skills, relevant units should also create good conditions for their cultural studies, pay more attention to them in life, and relieve the worries of athletes and their parents.

5.4 Establishing Scientific Competition Mechanism

The goal of reserve personnel training is to train high-level athletes. Participation in competition practice, especially in high-level and high-standard competitions, is the test and promotion of training effect. Various social forces should be organized and encouraged to hold various kinds of competitions, even international sports and cultural exchanges, so as to create more opportunities for young athletes to exercise. For the youth competition, the younger the athletes are, the more attention should be paid to the dilution of the competition results and the evaluation and improvement of their abilities.

6. Conclusion

The most important thing in the reform of the training system of competitive sports talents in our country is to change the past single-track system into the multi-track system, implement multi-level, multi-channel and multi-form training system, run high-level sports teams in the whole society, and establish a horizontal and vertical training system in the whole country. This multi-track reserve talent training mode has changed the past single form, formed different channels of talent training network, is conducive to mobilizing the whole society to develop competitive sports. At present, the training mode of competitive sports talents in our country is in the alternating stage between the old and the new. According to the development of different projects, the specific performance of the training mode is different. Some of the better projects, especially those with better professional development, have basically realized a multi-level, multi-channel and multi-form system of training athletes. Others carry out unsatisfactory projects in China. Their personnel training mode is single, there are few channels for talent transmission, and there is a serious shortage of reserve talents. There are many other projects in the gap between the two systems, but most of the projects still

focus on the past mode of personnel training. It can be said that it still takes time to realize the multi-track transformation of talent training mode in the overall scope of competitive sports.

To sum up, there is a big gap between China and the United States in all aspects of athletes' training mode. China should learn from western countries in Europe and America in the way of athletes' training, and actively improve the level of athletes' training in our country so that our sports career can flourish.

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