

The Status Quo of Sports Training in Colleges and Universities and its Changing Strategies in China

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ABSTRACT

College sports training is one of the important components of sports industry in China, and its overall quality is related to the overall quality of China's sports industry. However, under the constraints of human factors, institutional factors, and students themselves, a series of problems in physical training in Chinese colleges and universities have been caused, such as a weak team of physical education teachers, lack of high-quality sports campus activities, and insufficient investment in physical training infrastructure in colleges and universities, and so on. The current situation should be approached in multiple dimensions to improve the level of teachers, increase high-quality sports campus activities, and increase investment in sports training infrastructure as a change strategy, so as to reverse the unfavorable situation of college sports training. This article mainly discusses the current problems faced by Chinese colleges and universities sports training, as well as changes in strategies, aimed at promoting the development of sports training in Chinese colleges and universities.

Keywords: sports training, colleges and universities, strategy

1. INTRODUCTION

Since 2020, the Chinese government has invested a lot of resources in sports. The General Office of the Central Committee of the Communist Party of China and the General Office of the State Council have issued "Opinions on Comprehensively Strengthening and Improving School Sports Work in the New Era" and "Opinions On Comprehensively Strengthening and Improving School Aesthetic Education Work in the New Era", pointed out the direction for the construction of college sports in the new era, and also put forward new requirements for college sports training. In particular, the good results of Chinese athletes at the 2021 Tokyo Olympics have set off an upsurge in China's sports industry. There are many college students among the Olympic champions, and this phenomenon has also led to the development of college sports. Coupled with the approach of the 2022 Winter Olympics, China's college sports training has ushered in a new stage of development. Sports training is an indispensable part of college education, and its role in promoting the balanced development of students' physical and mental health is increasingly recognized. However, there are still some traditional problems in sports training in Chinese colleges and universities, and some new problems have

arisen as the development of new conditions and new requirements are put forward.

At present, under the restriction of multiple factors, a series of problems have appeared in college sports training in China. The first reason is the human factor. Except for some malignant incidents that involve life and health, which will be taken seriously by the school, the physical health of students is often not easy to attract the attention of the school. Therefore, it is difficult to pay attention to the issue of sports training in colleges and universities. The second reason is the institutional factor. The function of colleges and universities is to meet the needs of social division of labor and development. It is generally believed that there are three functions of modern universities[1]. The first function is to train specialized talents, the second function is to develop scientific knowledge, and the third function is to serve the society. The corresponding work in colleges and universities are teaching and education, conducting scientific research, and carrying out various forms of social work, respectively. The function of cultivating specialized talents is determined by the nature of colleges and universities, and embodies the ontological function of symbiosis between colleges and students[2]. Therefore, sports training is not within the main functions of colleges and universities. Chinese colleges and

universities have the dual nature of academic research institutions and bureaucratic organizations. Except for a small number of private universities that do not involve bureaucratic organizations, basically all Chinese universities have a certain administrative level and are subordinate to various central or local administrations. Departments exist as "institutions". Therefore, it is not easy for school leaders as officials to actively pay more attention to sports training. In addition, the difficulty of college sports training lies in students. Students themselves have not formed good exercise habits, coupled with heavy academic burdens, therefore they often neglect or even avoid sports training[3].

2. LACK OF OUTSTANDING PHYSICAL EDUCATION TEACHERS

One of the important issues in college sports training is the issue of "people". Chinese schools have always had the value orientation of "emphasizing culture and ignoring military skills", which is the same in elementary schools, middle schools and universities. At present, the overall quality of sports coaches in Chinese colleges and universities need to be further improved, which is reflected in the lack of professional literacy ability, insufficient teaching experience, and low level of academic research. The academic qualifications of Chinese university teachers are generally at the doctoral or even post-doctoral level. The more well-known universities are, the teachers they hire tend to have higher academic qualifications and stronger abilities. However, the lack of sports education colleges has led to a small training volume of physical education teachers, which is completely incomparable with the training of talents in other professional fields. This problem has made it impossible for even the most prestigious universities in China to hire college teachers with academic qualifications and abilities comparable to those in majors such as law, economics, and politics. For example, the Renmin University of China, which is very well-known in the field of humanities and social sciences in China, has only a bachelor's degree in sports education in the sports education department, and the title has reached associate professor. Of course, it is not necessary to judge a teacher's teaching level or scientific research ability based on academic qualifications, but for college teachers whose comprehensive qualities are sufficient to support academic and academic requirements, it is not difficult to study for higher academic qualifications. It can be seen that the miscarriage of the academic qualifications of college sports education teachers is not an isolated case, but a phenomenon that deserves to be addressed.

As adolescents are the main group of sports injuries[4], high-level physical education teachers not only need to know the training methods to improve physical function, but also understand how to deal with sudden unexpected situations in the process of physical

training, and even foresee how to avoid potential safety hazard in physical training. At present, most physical education teachers can master sports skills, but in addition, they do not fully understand the physical injuries caused by sports errors, which leads to blind spots in teaching and causes students to be easily injured in sports training. On the other hand, most physical education teachers do not have a clear understanding of the purpose of physical training, and only attach importance to students' physical performance, which leads to overload of students' psychological pressure and emotional resistance to physical training[5]. Therefore, physical education teachers must start from many aspects such as professional ability and psychological quality to improve their comprehensive work ability. Physical education teachers in colleges and universities should promote the improvement of college physical training work by improving their own level, and actively promote the renewal of the concept of college public physical education and the in-depth reform of curriculum content, teaching models and teaching methods. And earnestly exert the essential function of school physical education. In addition, the school's efforts are also important. Schools should select college physical education teachers to participate in advanced learning or special training, actively organize experience exchanges between physical education teachers and peers, and encourage teachers to lead students out for competitions, so as to effectively improve the professional ability and professional level of physical education teachers. At the same time, the introduction of outstanding high-level athletes directly conduct sports training to students, and in this way, improve the construction of the sports coach team[6]. In addition, strengthening teacher-student exchanges is also an important way to improve teachers' work. In the innovation of sports training, college physical education teachers should insist on taking students as the main body, so as to carry out physical training innovative activities around students. The college also should ensure that the innovation of physical training can comprehensively promote the development of students' physical fitness and physical and mental health, so as to improve the level of physical training.

3. SCARCE HIGH-QUALITY CAMPUS SPORTS ACTIVITIES

High-quality campus sports activities need to be challenging, popular and interesting in order to attract the attention and participation of students, thereby increasing relevant sports training activities. Competitive sports activities with moderate difficulty or slightly greater will attract more students to participate. Sports with a wide audience, a large influencing crowd, and a large number of "fans" have a larger audience base, so that they can "see the quantity first and then the quality" to achieve the development and progress of college sports training. Having a certain degree of fun, being able to meet the

mental and physical needs of the personnel, is an important factor influencing the smooth development of sports activities. At present, there is a lack of high-quality sports activities in Chinese universities. Some sports activities such as tennis, billiards, badminton and other competitions are only popular among a small number of college students due to their relatively large economic costs and a relatively small audience[7]. Only sports such as football, basketball, and table tennis that are generally popular and have low entry barriers can be launched on a large scale. However, due to the large venues required for such "national sports", it cannot support the majority of people to join and participate anytime and anywhere. In addition to the lack of competitions, high-quality student sports clubs are not common. In China, the benchmark for student sports clubs is the Shanying Club of Peking University, which organizes mountaineering as its main form of activity. The club enjoys a certain reputation across the country, and has also accumulated certain achievements in the field of interest. Because of its challenging and popular characteristics, it can meet the sports needs of most people, so it has become an outstanding Peking University club.

In this regard, colleges and universities should encourage students to carry out various types of sports competitions. Creating a tense sports competition atmosphere by means of competition promotion, not only can actively popularize various sports methods, but also can stimulate students' interest in sports training, thereby cultivating students' good sportsmanship. At the same time, it should be motivated, and certain material and spiritual rewards can be given to students who have made greater progress and perform well. Increase intramural and inter-school sports events, create traditional core sports events on campus, and form "famous" sports activities of "one school, one product" or even "one school with multiple products". Encourage schools at all levels and types to organize sports training activities focusing on football, basketball, volleyball, track and field, swimming, and traditional national sports. Carry out multi-level and multi-form student sports competition activities to jointly create a campus sports cultural atmosphere[8]. At the same time, college and universities can increase students' investment in sports training by adding course content and class hours, which then strengthen the connection between students and sports training in the form of sports clubs. College and universities should also supplement the lack of connection between students and schools, and strengthen the initiative and enthusiasm of students to participate in sports training.

4. INSUFFICIENT INVESTMENT IN INFRASTRUCTURE HARDWARE

Physical training in colleges and universities lags behind, which is not only because of the lack of

"software", but also is the result of the lack of hardware. For colleges and universities, the infrastructure of sports training supporting services is often not placed in an important position in the school's annual budget. The actual capital investment in college sports is obviously insufficient, and there is even a phenomenon that a certain amount of funds is misappropriated to exam-oriented education. Under this circumstance, it will inevitably cause serious restrictions on the venues and equipment of college sports, and severely hinder the development of college sports and various sports training[9]. For many colleges and universities, infrastructure such as playgrounds or stadiums and basketball courts can become the "standard equipment" of college sports facilities, while the venues required for other sports activities are not the same and vary greatly. Many newly-developed sports training equipment such as elastic bands, rollers, finger-sharing gloves and other necessary auxiliary tools for training cannot enter the gymnasium of colleges and universities. Students even don't know and contact these sports training equipment, let alone talk about using them. In addition, Chinese colleges and universities generally have the dual role of learning and living. In particular, faculty and their families have become important members of the college family, even for some special schools, such as colleges with few students, small campuses, or campuses. In colleges and universities scattered in different communities, family members of faculty and staff have become a major part of the campus. This part of people's needs for daily life are higher than the needs of sports. Therefore, the sports facilities required are usually fitness equipment for the elderly, which causes the sports venues to be easily reduced to "nursing homes" or "kindergartens", squeezing time and space for student sports training. In recent years, disputes between young people and middle-aged and elderly people caused by sports venues have frequently been reported in the news media. For example, the boys on the basketball court have disputes or even hands-on between the boys and the grandma who occupy the venue to dance the square. This kind of news is not an isolated case. Distorting the use of sports facilities can only bring about the tragedy of the commons, ultimately at the cost of everyone[10].

For the sports training problem caused by insufficient investment in infrastructure hardware, colleges and universities must tackle the problem from multiple dimensions. First, it is necessary to increase capital investment in sports training facilities, open up new venues, and introduce new equipment to ensure that fixed assets related to sports training can be effectively purchased and put into use. After being put into use, a certain proportion of funds should be used for maintenance and repair, and attention should be paid to the aging of sports training venues. At the same time, it is also necessary to consciously establish anti-injury facilities. For example, laying rubber floors in large

sports venues can reduce the degree of injuries caused by students falling during economic sports such as basketball and volleyball. College and universities also can lay anti-skid facilities in swimming pools to prevent injuries caused by ground slips. Second, strictly distinguish the boundaries between the campus family area and the teaching area to prevent the family members of faculty members from occupying the space and time for student sports training. Colleges and universities should focus on students and regard students as the main body of the campus, and all school work should focus on educating and serving students as the starting point. Avoid mixed management of family members and students, and eliminate the phenomenon of replacing sports training equipment and equipment with elderly fitness equipment or children's entertainment facilities. Relevant departments of colleges and universities should implement a dedicated person responsible system for sports training venues, and complete inspection and maintenance systems. In addition, college physical education teachers and service personnel should coordinate venue resources to maximize the enthusiasm of students for physical exercise. On the issue of sports facilities, college and universities should increase revenue and reduce expenditure, and improve the efficiency of the use of facilities. Third, it is necessary to ensure that special equipment is used exclusively, and to manage sports venues in accordance with regulations to avoid overloading and overloading of sports facilities. The management personnel of sports facilities should ensure that the equipment and venues within the responsibility are not used distortedly, and that there will be no disputes among sports activity personnel within the scope of responsibility.

5. CONCLUSIONS

The important direction of student training is the common progress of "ethics, intelligence, physical education, art and labor", and physical education is an important part of student training. Physical training is an important way to cultivate students' physical level and maintain their physical health. There are still many problems and shortcomings in the physical training work of Chinese colleges and universities that need to be solved urgently. This requires the linkage of the school, physical education teachers and students to jointly change the lagging status of physical training. Physical training is an important way to shape a healthy personality of students. Substantial and effective physical training activities can promote students to maintain excellence in academic and health. In recent years, hot words about sub-health, "996", internal scrolling, and lying and equality have been widely circulated among young people. A large part of the reason is that mental health cannot be corrected in time, which leads to negative emotions and even irreparable consequences[11]. Increasing sports can eliminate the

pressure generated in the spiritual and psychological fields, and promote physical and mental health. Therefore, only by placing sports training in an important position in the work of colleges and universities can the purpose of training talents in colleges and universities be truly brought into play.

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