

## Research on Current Situation and Countermeasures of Physical Training for Male Athletes in Dragon Boat Race

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**Abstract**—Since the reform and opening up policy, the dragon boat project has been developing rapidly, and now it's widely spreading all over the world. Owing to the Olympic spirit, the dragon boat race has gradually transformed itself from a folk sport to a competitive sport. Athletes are required to have a good build and stamina which can provoke their spirit of competition in a dragon boat race, and finally have a good success in the race. After 30 years of development, in coaches, athletes and scientific research personnel's efforts, the standard of Chinese Dragon Boat Sport has been greatly improved. Compared with other professional competitive sports, the Chinese Dragon Boat Sport still has a long way to go. [1] Through a questionnaire survey and expert interviews which indicated some reasons on following several aspects: 1) the influence of the traditional dragon boat sport and the ignorance of the Dragon Boat Festival. 2) the lack of its own unique scientific training system in physical training which is not a complete system of training mode. 3) the modern scientific methods in the training can not make good use of scientific equipment. 4) athletes' ignorance of cultural knowledge; the limitation of physical training ability; the training effect is not ideal that we expected. 5) coaches are inexperienced, according to the technical characteristics of dragon boat movement, special physical fitness of athletes don't have special physical training.

**Keywords:** Physical Training, Male Athletes, Dragon Boat Race

### I. THE MAIN PROBLEM OF PHYSICAL TRAINING AT THIS STAGE OF OUR MALE ATHLETES IN DRAGON BOAT RACE.

#### A. The lack of attention to physical training

Through the investigation of athletes on China knowledge web, from the current research status of Chinese athletics in dragon boat race, research direction is more concentrated in the boat rowing technique, research on Athletes' physical and bodies are also the only index to study the characteristics of physical mechanism. Obviously, now the idea of the competitive dragon boat training is about to pay attention to physical technology training. This reflects the widespread view that the dragon boat industry, technology is the only factor to determine the outcome of the game. Therefore, every time we see boat scientific research personnel carry special camera, which was compared with video in the dragon boat competition. Only by repeated research technical characteristics and ignore the great effect of physical play in the match are not far from enough. Through the

investigation and the interview, the athletes are lack of the sense of the importance of physical training, which argues that physical training is very important accounted for 20% of the total survey, the general attitude accounted for 47.7% of the total survey, nearly half of the players do not pay enough attention to the physical training. The survey also reflects the training content of various sports teams are not ideal because it has no scientific training system. Training plan only on the base of the coach's subjective experience, which is lack of scientific evidence to support. Creating the training content is not reasonable, special training is not prominent, the training effect is poor. According to the theory of energy supply, dragon boat racing is the physical fitness project. No physical fitness as the dominant action in technology, perfect is not likely to come out to play. Physical fitness and technology as the two important factors of the dragon boat race complement each other, ignoring the party to pay attention to the other side of the training, from the laws of motion, which is not scientific and must be corrected in the future. [2]

#### B. The lack of physical training time

The boat is not the national focus on the development of athletics, no state system of security, no occupation athlete. According to the research, at present most dragon boat athletes are farmers or other liberal professions. Usually they have to be busy making a living, then only can participate in the training in their spare time. Therefore, they have less time of physical training. According to the total survey, 22.1% of athletes had two or three training times, while 42.3% of them didn't train at all. The data told us that less time of physical training was unable to meet the increasingly fierce competition. With the development of modern training techniques, the skill of rowing dragon boats is also in constant innovation.

Technical training time is increasing, which broke the tradition of training content. The wrong idea that only paying attention to technical training must be corrected in the future.

#### C. The lack of specialized training methods

Dragon boat has a history as folk activities in China for more than 2000 years, as the event is to carry out after the reform and opening up. Dragon Boat athletes with physical training methods of similar projects accounted for 41.8%, and the athletes with special physical stamina training accounted for only 14.4%. At present, some contents and methods of training are inherited by the

contents and methods of traditional and come, which can not be adopt by the need of dragon boat sports, affects the development of dragon boat sports. At the same time, because of the late start of modern dragon boat racing, and, without their own special strength training method, those people mainly using other training methods or physical training ways for reference, though this method can be a certain effect on physical training in a short time, but due to different project, the physical characteristics of energy supply and muscle force approach is also different, long time after training, it will deviate from the actual requirements for physical dragon boat sports. Therefore, we must change the past that the kinds of special training does not meet the project which needs special sports practices. We should combine the training with the characteristics of Dragon itself, and explore our own special strength training method that is suitable for the modern Dragon Boat sports.

#### *D. The lack of modern scientific and technological physical training methods*

The development of modern science and technology provides more and more scientific help for physical training. Some physiological, biochemical instrument, which has the reality instruction significance to the physical training, can accurately detect the athlete's functional level. The physical training boat athletes who has no effective detection equipment accounted for 77.2%, and other athletes that can satisfy the physical training monitoring needs only accounted for 7% of the total survey. In China, Dragon Boat athletes taking physical training without effective training system, therefore, it can help the coaches take the control of performance of the athletes in the process of training with the help of scientific instruments. In the future, the coaches can adjust training methods according to various physiological, biochemical indexes of strength and content to avoid blind excessive training in the future. [3] At the same time, according to the index of the feedback, and gradually worked out for the athletes' physical training, the training loads intensity methods and some important index of training, it can help us to summarize a set of specialized for physical training methods and build the Dragon Boat system.

## II. RESEARCH ON IMPROVING THE FITNESS LEVEL OF OUR ELITE MALE DRAGON BOAT ATHLETES

To improve physical fitness is the excellent results achieved effective means, athletes without good fitness to participate in the competition, the match is not competitive at all. The modern dragon boat racing in the promotion of the national traditional culture at the same time, pay more attention to the dragon boat competition level. With the popularization of dragon boat project, International Dragon Boat race is increasing, the technical level of national sports also increase year by year, our country boat the advantages of the project has been challenged, compared with other foreign powers, China's Dragon Boat athletes has been a major factor in troubled

by China's dragon boat project development. Only by improving the player's physical fitness level, to improve Chinese Dragon Boat events sports level. Therefore, this research thinks, to ensure China's dragon boat project's traditional strengths, enhance the overall competitive level, must further strengthen the physical fitness of athletes training.

#### *A. To ensure scientific physical ability training*

Science is an effective reflect the objective law of development of things. The objective laws of physical training of scientific physical training process is followed by physical training. The modern dragon boat race high strength determines the characteristics of the Dragon Boat athletes in high physical requirements, therefore, Dragon Boat athletes training mode should revolve around the standard system of scientific training. First of all, the physical training of dragon boat to scientific. The training process of Chinese Dragon Boat athletes is to arrange technical training, physical training as a supplement, less time of physical training, the training process is the direct cause of the effect of physical fitness of athletes. Therefore, we must carry on the reform to the training process, strengthen technology training at the same time, increase the proportion of physical training, the physical training received substantial support. Secondly, the physical training of dragon boat to scientific. From the point of view of modern dragon boat on Athletes' physical requirements and human biological characteristics, in accordance with these basic principles in training, training content system reasonable, is the embodiment of scientific training level. Therefore, to reform the contents of physical training, in training and arrange some targeted, practical requirements of special physical fitness training content. The contents of physical training be scientific and rational, efficient. Once again, the Dragon Boat athletes training method should be scientific. The development of modern science and technology, self provided a good platform for human self understanding, challenges, through the physiological, biochemical instrument, the monitoring of physical training, people can better understand the change of its function, to provide timely and accurate information feedback for physical training. To this end, we should vigorously promote the application of high-tech science and technology, the use of scientific instruments, supervision and guidance and training, to avoid the blindness and randomness in the training, enhance physical training operation, improve the efficiency of physical training. [4] finally, Dragon Boat athletes physical training guide to scientific. At present, China's Dragon Boat athletes training is responsible for arranging by coaches, coaches should not only be responsible for the technical training, and is responsible for the physical training, a person in charge of two items, which brings great pressure to the trainer training. Therefore, we should make reference to other excellent project experience, hire a fitness coach professional knowledge theory, specifically responsible for the physical training, to the scientific training of athletes

according to the objective law of physical training, greatly improve the athlete's physical ability level.

#### *B. To ensure the harmonious development of physical*

The athletes training includes two aspects: the general physical training and physical training. The general physical training is a special foundation, special physical training is the general physical training, they are inseparable in the process of physical training, must coordinate development. Dragon Boat athletes physical training is aimed to improve the Dragon Boat Sport, therefore, must be in accordance with the actual requirements of the dragon boat competition, tightly around the dragon boat sport characteristics of energy supply, technical and tactical arrangements for professional training, no special physical training can not improve the athletic level, can not meet the need of modern dragon boat competition. However, any kind of special physical training of athletes of each organ system function, has a certain limitation. General physical training, training contents and means can constantly change, it makes up the deficiency of the special physical ability training, a solid foundation for the special physical training. At the same time, the general physical training can adjust the role of special physical training dry up. The general physical training and physical training are two important factors in physical training, ignored or cancel any hand, will lead to reduce the effect of physical fitness training, and even failure. Therefore, in the physical training must combine the two more and, to ensure that the two coordinated development.

#### *C. Pay attention to the scientific selection*

The scientific material plays a very important role in the training of high level sports athletes. Sports practice has proved, not any people after years of training to become an elite athlete, only those who exercise to superior man can achieve. At present, China Dragon Boat athletes are composed of love this sport farmers and free occupation, some of them innate physical conditions are not suitable for the Dragon Boat Sports requirements, affected the development of dragon boat racing. Therefore, in the future development of competitive dragon movement, should strengthen the scientific material of dragon boat, dragon boat project need choose fitness for athletes. We can see from the three aspects of physical (body shape, movement quality, body function), through the modern science and technology, the use of natural science and social science knowledge and methods, with the aid of instruments and equipment related, through objective indicators and measurement data, compares the comprehensive evaluation of scientific and comprehensive analysis, select those in three aspects of body shape, movement quality, body function are suitable for the sport of dragon boat of the actual needs of the athletes than in the past, so only by coaches "empirical method", "observation" and the single method is more scientific and accurate, for the next training selected material.

#### *D. Improve the comprehensive quality of coaches*

Only a high level coach can cultivate a high level athlete. This point can be confirmed by other projects, besides the dragon boat project. At present, due to China's Dragon Boat Racing started late, mostly in the dragon boat club coaches is made from the traditional dragon boat team, although they have rich experience in the game, but the general cultural quality is not high, training basic theory knowledge is weak, weak awareness of physical training, coaching level is low, can not fully understand the real meaning of the modern dragon boat racing, to some extent hindered the development of dragon boat racing. Therefore, the modern dragon boat racing to cultivate a group of highly educated, strong ability, just want to do the coaches to enrich dragon boat team coach, the science training idea, way, method is applied to the dragon boat training, as the rapid development of competitive dragon new impetus. Therefore, we can learn from other projects to implement the "going out, please come in", "please come in" please those basic physical training theory, the spirit of hard work of scholars to join the team coach, let them play professional fitness coach, their rich physical theory and combining the practical experience of coaches together to complete the training target. "Going out" is now part of the Dragon coaches full time or distance learning training theory and method, theory study seminar for coaches, strengthen the physical training theory study, improve their teaching level.

#### *E. Summary*

Through the research on the physical training of Chinese male athletes in dragon boat race, especially on the base of the Modern Dragon Boat Sports Cognition, scientific training system, training mode, the modern scientific method and scientific research equipment, players use structure and cultural knowledge, therefore, the teaching level of the coaches became more higher. Don't make any special physical training program on the base of the technical characteristics in dragon boat movement, resulting in low level of special physical fitness of athletes. But at the present, the physical training for male athletes in dragon boat race in our country is also faced with insufficient attention to physical training, physical training time, lack of specialized training means less physical training, the lack of modern means of science and technology and other major issues. In order to put forward some countermeasures to improve the male athletes' ability in dragon boat, we should do following things :1) make sure the scientific physical ability training coordinately develop; 2) keep fitness; 3) pay attention to the scientific methods; 4)improve the comprehensive quality of coaches.

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