

# The Mode Probe into the "Competition and Educating People"

## Cultivating Comprehensive Personnel

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**Abstract.** This paper uses the questionnaire survey method to analyze the training mode of college personnel training in our country. The outstanding achievements of the Chinese delegation in the 2011 Shenzhen World University Games are inseparable from the training mode of college students' competition and education. At present, Chinese colleges and universities mainly adopt the "integration" training mode, "the combination of physical and educational" training mode, "teaching enterprises and enterprises combined" training mode. It is an important guarantee for the sustainable development of competition and education in colleges and universities to train the people as an important task of college sports competition and to establish a complete college competition system and a good sports team management mode.

### Introduction

With the deepening of the reform of the competition management system and the reform of higher education in China, since the 1980s, colleges and universities have been an important base for cultivating and educating talents in our country, and have made progress and progress on the road of exploration. Chinese colleges and universities to cultivate the competition and education personnel not only in the National Games, the City Games on the stage, but also in the Olympic Games, the Asian Games and other major international events are outstanding performance. The 26th Shenzhen World University Games the Chinese delegation "surpassed the day" on the 9th day of the competition, surpassing the day before the closing day, and won the gold medal standings and medals. The concept of talent cultivation is inseparable.

By investigating the Chinese delegation (120 people) who participated in the 26th World University Games in Shenzhen in 2011 and interviewed the experts of the Chinese University Students' Sports Association and the teachers and students of the combination of sports and education, the author discussed the competition the present situation and inspiration of training mode.

### The Performance of Chinese Universities in Shenzhen World University Games

In the Beijing Universiade 10 years ago, Liu Xiang won his first gold medal in world-class events, and thus started to become an international star; Guo Jingjing is also in the Beijing Universiade opened the international jump altar an era of prelude. The Universiade is both a youth gathering and a cradle of stars, perhaps at the 2012 London Olympics, where some excellent college athletes will finish the gorgeous turn from the "Grand Canal" to the "Olympic champion". Such as from the Tsinghua University Teng Haining won the men's 800m silver medal, which is the Chinese track

and field in the international competition in the men's long-distance running for the first time among the top three; men's 110m column silver medalist Jiang Fan has reached the Olympic Games A standard; table tennis teenager Xu Xin harvest 3 Pieces of the Grand Canal gold medal, is expected to win the London Olympic Games a place.

Chinese colleges and universities rely on the continuous exploration in practice, to play the advantages of traditional projects, and gradually explore a suitable for Chinese college education and training personnel training the road, to do a high-level sports team. With the track and field team of Tsinghua University, Fudan University's men's volleyball team, Beijing University of Science and Technology of the men's soccer team, Nankai University women's volleyball team is the result of training college personnel training, these colleges and universities to train their own training personnel Earthquake domestic sports.

### **An Analysis of the Typical Personnel Training Model in Chinese Universities**

**The "Integration" Training Model.** "Integration" training model mainly refers to the school sports in China, according to the different stages of student athletes growth, the establishment of different sections of the student athletes "one-stop" type of training mode. Representatives of the two institutions are Beijing Sports University and Tsinghua University.

Beijing Sports University adhere to the "also read training, scientific training, training and research combined with" the school model, set up a "secondary school (competitive sports school) - undergraduate (sports training professional - graduate" different sections of the training model. In this training system, student athletes after 5-8 years of special training that can achieve excellent athletic performance. In recent years, the major international events, the Beijing University of Sports have made similar unparalleled results of similar colleges and universities. Tsinghua University, "attached to the small - attached school -" the "integration" training model, relying on the school teachers, the rational use of the school in the teaching environment, the advantages of continuing to integrate the experience of physical education, and strengthen the field of competition with the people Cooperation in the track and field, diving and shooting projects such as training a number of world-class athletes.

**Combination of Physical Education and Training Mode.** The biggest difference between them and the professional athletes trained by the traditional competitive training management system is that they not only have higher level of competitive sports, but also have the high level of competitive sports, and must have a considerable degree of education with ordinary college students. Through the study in colleges and universities, athletes master the motor skills at the same time also learn scientific and cultural knowledge, influenced by the campus culture atmosphere, help them to form a good professional ethics and professionalism, the level of awareness for their sports and technical level and other aspects of the balanced development of lay the foundation. For uphold the "combination of physical education, education," the concept of colleges and universities, the combination of sports and education is to repair the original should not be fragmented "sports" and "education."

**The Training Mode of Combination of Teaching, Physical and Enterprise.** Sports funds and high - level coaches are the necessary conditions for the normal work of college competition and education. The development of competition in colleges and universities mainly depends on the school funding, but the school funding often cannot meet the needs of the development of competition and education, and the Ministry of Education also did not set a special funds alone; at the same time, the faculty of colleges and universities cannot solve the student athletes The need for competitive training. Lack of money, lack of high level of coaches directly affects the athletes

training level and training effect. And student athletes in order to obtain excellent results, only through training time and training intensity to make up, this approach affects their learning time and energy.

With the establishment and perfection of the socialist market economic system, the form of the financing of the sports funds has changed from the diversification to the diversification in the process of cultivating the high level student athletes. The main sources of the sports funds are as follows: (1) In the school funds to draw some special funds for the construction of high-level sports teams; (2) from the enterprise and social sponsorship; (3) the establishment of sports clubs to raise funds. These are the results of our school sports in order to adapt to the needs of the market economy system to make the appropriate adjustments.

### **The Inspiration of the Success of the Shenzhen World University Games**

**Combine Sports and Education into the "National System".** After the founding of new China, the sports system formed amateur sports school - provincial and municipal professional team - the national team athletes training mode, the vast majority of athletes from the system to learn from the culture and focus on training. This system in the 20th century, 80 years before the operation is smooth and the rise of competition in China played a huge role. However, with the reform and opening up and social development, its drawbacks began to appear. This professional player training system in the cultural and educational deficiencies, resulting in athletes in the cultural knowledge, skills and other aspects of formal education compared with the peers have a big gap, after retirement employment difficult. Although the Chinese sports pyramid spire, but the base of the pyramid is worrying.

In 2003, the state will participate in the World University Games Games outreach and mission tasks transferred by the State Sports General Administration to the Ministry of Education, making the implementation of nearly 20 years of sports and education has a supporting point. Since then, more and more college students in college replace the professional athletes on behalf of China to the Universiade stadium. Needless to say, the combination of teaching and learning has gradually become a traditional "nationwide system" athletes training model useful supplement.

**Set Training People as an Important Task of College Sports Competition.** The combination of teaching and learning is the basic characteristic of cultivating competition and education talents in colleges and universities: Its essential characteristic is to fully tap the students' athletic ability in the premise of keeping normal students' learning, develop their athletic ability and improve the athletic performance. In the case of a considerable level of athletic performance, the accumulation and mastery of scientific and cultural knowledge also meet the general requirements of the state for adolescent education. China University Sports Association, the core of successful experience is the organic combination of sports and education, college sports competition has always been around the main line of education to start. Student athletes first is a college student, and students when the school on the first task of all, while the athletics, ideological and moral aspects of the overall development. First of all, the school must ensure that the student athletes enjoy the right to receive university education, and through the development of athletes moral behavior norms and education objectives and the whole school education concept of unity, to further standardize the behavior of student athletes. These basic ethical norms are not only reflected in the performance of sports competitions, but also should focus on other areas of university education.

**Complete College Competition System.** Sports competition is one of the important components of school sports activities, but also to promote the development of high-level colleges and universities to educate and cultivate high-level sports talent strong lever. Therefore, the college

sports competition into the national sports competition system, while the college sports competition into the national sports competition into the main channel, will help the training of personnel training. At present, East China Normal University, Fudan University, one of the outstanding experience of running high-level sports team is to enter the main battlefield of the sports competition. This kind of entry in a sense to break the traditional college after-school training goals and positioning, the student athletes and coaches are pushed to the highest level of national sports arena.

In addition, the Chinese University Students Sports Association and the World University Students Games supporting the project, the annual number of students participating in the individual association competition from the previous thousands of people to the present more than 20,000 people, the proportion of the number of students in the school gradually increased.

**Continuously Strengthen International Exchanges and Cooperation.** Through the market development to further strengthen our college competition training personnel training, student athletes to school as a unit to participate in international, inter-school exchanges, invitations. Through the way of corporate sponsorship, the organization of part of the franchise events, and through competition to strengthen the competition with foreign university education and education personnel, such as by the Chinese University Students Association to participate in the annual sports competition in China, including track and field, swimming, ball and other projects, thus promoting the athletic level of athletes to improve.

In short, how to build a high level of coaches is to promote college competition and education for the sustainable development of important factors. From the long-term development point of view, colleges and universities should tap the resources of the school coaches on the basis of encouraging teachers to go out, trainers training for the coaches to carry out the establishment of a good external environment. Such as the Chinese University Students Sports Association and foreign college sports association to exchange and cooperation to the form of cultural exchanges in Chinese college coaches to foreign advanced models and ideas, so as to improve the coaching of our university coaches, training level. In recent years, Chinese college competition training personnel training in the form and methods of coaches have also taken some effective operation, which will help Chinese college competition training personnel training.

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