

# Creating the New Mode of “Combining Physical Training with Education”

## ——Citing the Research of Cricket in SMIC

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**Abstract.** Through the creation and summary of ‘combining physical training with education’ (CPTWE) in vocational colleges, this paper explores the practical problem of creating the new mode of ‘combining physical training with education’ on the basis of the current physical education and the feature of cricket program. This paper aims at studying the effective way of training cricket talents so as to foster excellent professionals with higher skills and compound knowledge.

### Introduction

At present, there exist close interactive relationships among sporting management associations at provincial and municipal level, physical education departments of higher colleges, and the national sport management departments. But as for the orientation of sport policies, the development and promotion plan of individual sport arranged by the upper sport management departments are implemented by sporting associations and sporting management departments at provincial and municipal level. Then they are co-organized and promoted by higher colleges and non-government sporting organizations. Therefore, the Sport Teaching and Research Section of Shanghai Medical Instrumentation College (SMIC) supported by Shanghai Cricket Association has enabled cricket, a new program, to embrace a promotion at vocational colleges for the first time. This is due to the close interactive relationship among colleges, the related enterprises, grass-root sport, and the upper sport management departments. This shares some common features with the other subject promotion plans of colleges, enterprises, and departments. It is of obvious advantages which make it convenient for the interactions among the institutions on cricket and help the feedback of information, the adjustment of policies, and strategic management. Therefore, it is of vital significance to discuss the management manner and current promotion of the mode, study its strategic management and running, and analyze its execution steps and adjustment plans.

### The Current Mode of CPTWE in colleges

The mode of higher college’s direct recruiting excellent active athletes: higher colleges directly recruit excellent athletes from high-level sporting teams at national and provincial level. Such sporting teams are responsible for athletes’ training and catering and at the same time higher colleges manage their information as students, teach academic subjects and award degrees for those athletes. The mode of higher college’s recruiting excellent retired athletes: higher colleges introduce excellent retired athletes from high-level sporting teams at national and provincial level. The mode of higher colleges’ independent recruiting sport talents: higher colleges can independently foster athletes who are selected from college entrance examination through special policies. Such athletes should not only continue sports training but also learn the related subjects. The mode of CPTWE at

professional sports colleges and universities: Beijing Sport University, Shanghai University Of Sport, Wuhan Institute of Physical Education, and Chengdu Sport University have employed comprehensive manner of sport major to implement CPTWE. The common features of those colleges are the emphasis on the combinations of “education, training, and research” .

### **Creating Integrated Mode of “Teaching, Training, and Competition” of Cricket under CPTWE**

At present, as faculty plays the major role in sports education and training of the high - level sports teams, sports teaching, training, and competition should be integrated from the perspective of teaching. In the cricket teaching, we can find and cultivate reserve excellent athletes and send high-level sports talent for national teams and clubs. We should improve the overall quality of faculty and staff through training courses and training plan so as to improve the whole cricket level. Meanwhile, we should host and promote cricket competitions at all levels.

### **Popularize Cricket Teaching and Develop Cricket Courses**

We should know the characters of sports curriculum at higher colleges and vocational colleges. Based on the features of disciplines of SMIC, the physical and mental characteristics, and the current sports teaching as well as the advanced foreign experience of the culture and teaching of cricket, the cricket curriculum should be built through the analysis of characteristics of cricket as a sport group. This should meet the related requirement of the sports teaching objectives of vocational colleges. The improvement of faculty will play an important role in the cricket teaching and its popularization among students.

### **Focus on Building High-level Sports Team**

The mode of college sports team is to build high-level sports team of vocational colleges and foster the reserve talents for competitive sports. We should select students from the college students, make the teaching objective clear, establish improved system on management and competition, and build elite coaching staff.

### **Promoting Cricket Competition and Do Researches on Industrialized Cricket**

In May, 2009, the 2009 National Championship co-hosted by Shanghai Cricket Association and SMIC was scored a great success. In particular, it has been supported by many colleges. As for the competition planning, its process design and management are relatively perfect, which attributes to learning from the experience of many large-scale competitions and the previous cricket matches. We should consider how to employ the social effect of Shanghai Cricket Association and the government function to further cooperate with enterprises and sports management departments on the overall packaging of the Championship from the orientation of media, education, management, and enterprise. We should popularize it in Shanghai even on a national scale. We should develop a close relationship among enterprises, colleges at home and abroad, and other non-government institutions and seek funds to maintain the high-level development of small sports. Meanwhile, we should take measures to broaden the channel of employment for the students, which is the most significant strategy for the current cooperation between sports association and sports departments at vocational colleges.

### **Carrying out the Integral Mode of “Teaching, Training and Competition” on Cricket Teaching**

### **The Current Status of Development of Cricket Program in China**

Cricket is one of the sports that have been vigorously promoted by our country in recent years.

Though it starts quite late, it has achieved a rapid development and gained increasing popularity. Since September 2005, Chinese Cricket Association, with the support and help from Asian Cricket Association, has organized eight training programs for cricket referees and coaches. Currently, seven provinces and cities have held cricket programs and about 200 schools have accepted cricket training. Moreover, the cricket sport program has been launched in cities like Beijing, Shanghai, Shenyang, Guangzhou, Shenzhen and Dalian. Some schools have incorporated the cricket teaching into their sports teaching system. Having been put into large amount of funds and equipped with cricket facilities, some school cricket associations, clubs or organizations are blossoming.

### **Periodic Experimental Research of Cricket Teaching**

Few higher vocational colleges have sports items with special features. SMIC is the only one to have the special sport item—cricket. In 2008, the cricket teachers in this college have joined cricket training programs organized by Chinese Cricket Association and Shanghai Cricket Association, from which they have learned the basic skills of cricket, including bowling, batting and guard. Recognized by the cricket professors and experts through inspection, cricket classes began in the first semester in 2009-2010.

The cricket teaching should be based on the characteristics of sports teaching of higher vocational college and adapt itself to the needs of higher education reform and development. There are two periods of sports teaching. In the first period, set the cricket teaching object and teaching outline and choose teaching content. While in the second period, according to students' specialty, interests and their level in cricket sport, teaching form and method should be determined. The integral education mode including teaching, training and competition should be adopted to achieve better teaching results so as to help students develop lifetime exercises habit. Making full use of the advantages in sports teaching, SMIC has enabled students to grasp the basic skills, competition rules and judgment of cricket and, to some extent, cultivated their interest in cricket sport. In cricket teaching, excellent back-up athletes can be chosen for national cricket team as well as for cricket clubs.

### **The Practice Research of the Building and Running of High-level Cricket Sports Team**

SMIC is China's sole vocational college which has owned and developed high-level cricket team. It was built in December, 2008 with 3 national coaches, 3 international umpires and 68 students.

### **The Building of Coaching Staff of High-level Cricket Sports Team at Vocational Colleges.**

The building of coaching staff of high-level cricket sports team at vocational colleges has been the key to the development of the cricket sports team. The coaches' skills and dedication has directly affected the building and development of the high-level cricket team. SMIC has attached much importance to coaches' further study, supported faculty to participate in the cricket training so as to improve their teaching level. Besides, the college has stressed coaches' academic level and their capacity in doing research with an aim to enable them to play the full role in coaching and achieve the unification of scientific theory and practice. At present, SMIC owns 3 national coaches, which benefits the long-term development of its high-level cricket sports team.

### **The Members of High-level Cricket Sports Team at Higher Vocational Colleges.**

When building its cricket sports team, SMIC has adopted both the mode of school sports team and "through train" mode, which are independent yet complementary. The former mode is to find and foster excellent students so as to build the school cricket team. Those team members are both vocational college students and members of the school cricket team. As for the later mode, it is an integrated mode starting from primary school, higher college and to vocational colleges. The

development of elite athletes requires at least ten years' systematic training. But the three-year vocational college makes it impossible to achieve the goal. As a result, the training system in which the foundation will be made in primary school, further development in higher college, elite athletes will be nurtured in universities, especially in vocational colleges, and the culturing system of students athletes are two measures for the talent training of competitive sports.

### **Establish Platform and Fair Competition System**

Competition is an effective method to test athletes' training, in which athletes can enrich their experience and further improve their sport performance. Cricket was absorbed by Guangzhou Asian Games in 2010. Although it is estimated that Cricket Council and Asian Cricket Association will devote themselves in the promotion of cricket, there are only a small number of elite athletes participating in competitions such as National Youth Cricket Championship, Shanghai Cricket Championship, and Shanghai Citizen Games. Currently, those excellent athletes have only two or three chances to take part in matches in a year, which has showed that the system of China's cricket match needs to be improved and few competition chances are offered to athletes. This directly affects the improvement of the sporting performance of those excellent athletes from higher colleges and their competitive level and at the same limits the building and development of the cricket sports team at higher colleges. So periodical cricket competitions should be held among higher colleges, in which the competitive level of cricket can be improved in the communication and cooperation among higher colleges.

### **Conclusion**

SMIC will build international platform through continuous cooperation with international clubs such as London cricket club, Sydney cricket club and deliver its excellent athletes to further study. Meanwhile, it will foster vocational athletes to make contribution in improving China's cricket through its sending talents to national cricket team.

The CPTWE mode at higher colleges is helpful to the popularization and development of cricket in China for it benefits the reserve of cricket talents for vocational colleges, even for China and propels the development of cricket team at vocational colleges.

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