

Principles of Sports Training and Its Enlightenment to Physical Education

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Abstract: With the economic development of our country, people's living standards have also improved. Therefore, while economy is developing, people pay attention to their own health problems, especially physical exercise. Sports training and physical education teaching are gradually produced in the process of people's long-term life. There are many similarities and differences between them. Sports training can strengthen physical fitness while cultivating excellent athletes. The purpose of physical education is to train students' functions. This paper makes a concrete analysis of sports training and teaching in order to enlighten the future sports education work.

In recent years, the development of sports has been very rapid. It not only is reflected in the sports competitions between countries, but also can be seen everywhere in our country. At present, people in our country attach more importance to physical exercise, and gymnasiums have sprung up like bamboo shoots after a rain. The fitness movement for the purpose of health preservation has spread the sports spirit of our country very well. Physical education plays a more and more important role in exercise, which can promote people to carry out sports scientifically and effectively.

1. Sports training

Sports training refers to the sports activities under the leadership of the coach to achieve the purpose of a certain sport. As an effective way to achieve sports goals and complete sports tasks, sports training is a specialized sports process, which mainly includes physical training and tactical training^[1]. The training of sports can be carried out on campus, from a gymnasium to a gymnasium. Sports training in different venues has different training purposes. The daily activities of school sports training are training to achieve the goal of teaching. Many of the training in gymnasiums are specialized training for participating in grand sports games. And most of the training in gymnasiums is mainly physical exercise and shaping.

Theoretically speaking, there are two substantive teaching activities in physical training. One is the cultural level of athletes themselves. Every athlete should be educated when he specializes in training. The level of education of athletes is extremely important for the development of athletes themselves, and theoretical education is an important course for athletes. In addition, we also need to accept compulsory courses in addition to sports, in order to increase athletes' knowledge reserves and broaden their horizons. The other is the professional needs of competitive sports. The professional theoretical requirements of competitive sports are often ignored. Professional theoretical knowledge of competitive sports is the theoretical basis for athletes to carry out sports. Without theoretical training, it is difficult to train athletes to achieve particularly good results.

2. Basic connotation of sports training and physical education

For athletes, sports training is a special sports training under the professional guidance of coaches. Through continuous training, the physical function of sports can meet the requirements, and master the professional skills of training projects to achieve their best training level. In order to achieve higher athletic skills, the ultimate goal of sports^[2] is achieved. Therefore, for sports training, through the training of coaches and long-term training process, the main purpose is to

improve sports skills and complete sports tasks. For physical education, it is a kind of teaching of sports knowledge. Under the requirements of teaching syllabus and the requirements of new curriculum, the first is that teachers teach students sports professional knowledge through classroom teaching, so that students can have a certain understanding of the theoretical knowledge of sports competitions and prepare for practical activities. In the practice of classroom teaching, teachers teach students to use theoretical knowledge to carry out and theoretical knowledge is transformed into practical knowledge. Teachers use their years of teaching experience to help students better grasp the essentials of a sport competition, so as to truly guide students to carry out physical exercise and cultivate sports skills, improve students' physical fitness, and at the same time, convey elites for sports in China.

3. Principles of sports training

3.1 Principle of combination of general training and special training

In sports training, it is necessary for coaches to strictly require athletes to train in order to improve the professional skills of athletes. Generally speaking, there are two training methods: general training and special training. General training refers to the use of a variety of training methods in the training process to exercise physical fitness, improve physical function while improving the skill level of athletes, and enhance competitive ability. General training is the most basic way of training, and it lays the foundation for the next training. The training direction and purpose of special training are more intense. In the training process, first of all, we should understand the training items and the degree of training needs to be achieved, and then carry out professional training according to the requirements^[3]. For example, in the special training of soldier ball, the coach should train the athletes with strong flexibility.

There are similarities and differences between general training and special training. General training can improve the physical function of athletes through a number of exercises, and it can also help athletes improve their sports skills for the next training to lay the foundation. Special training improves performance through special exercises. The two should promote each other in training and cannot be separated. Therefore, in the training process, coaches can combine the two training methods appropriately, and use the combination of the two methods to make up for the shortcomings of individual training, which improves the training effect.

3.2 Principle of conscious and active training

For sports, training needs self-consciousness. Although sports training is actually conducted under the guidance of coaches, as the main body of training, athletes need to have a certain degree of consciousness. In the actual training, athletes need to clear their own sports goals, to form a good sense of training for themselves, and to be able to urge themselves to train for their goals during the training process. In the process of training, coaches should give due consideration to the value of athletes' training, which can promote sports to enhance the motive force to achieve efficient training effect.

3.3 Principle of periodic training

It is necessary to have a long-term training process to achieve the goal of sports training. In the author's opinion, periodic training is a good way to ensure good training. In the training, from the most basic physical exercises to professional theoretical knowledge learning to specific exercises, coaches need to make reasonable arrangements in training. Periodic training can reasonably arrange training content, repetitive training and review, and ensure the safety of athletes' training. Besides, it can make sports consolidate training content and improve training level through multiple training^[4].

3.4 Suitable load training

Load training is of great help to the breakthrough of athletes' sports level. It only refers to the training, according to the needs of athletes themselves, to increase appropriate training to above the usual training intensity to stimulate athletes to improve the level of sports. In addition, load training

requires coaches to predict athletes' physical recovery and to ensure that their bodies are not damaged during exercise. Only in this way can we help athletes break their own limits and get the biggest effect.

4. Enlightenment of sports training to physical education

4.1 Sports need to combine the principles of sports training

Sports training is a competitive activity. It not only needs sports to improve their level of sports, but also as a mass entertainment. In physical education, we need not only to pay attention to its entertainment, but also to strengthen our physical fitness for sports purposes. For athletes, in order to improve their competitive level, continuous crazy training not only fails to achieve the training objectives, but also may injure their body, which is not worth the loss. Therefore, in the teaching of physical education, we should combine the principles of sports training, strict training without losing good prescriptions, to avoid blind exercise and to better train.

4.2 Physical education should be combined with sports training methods

Sports training is set up for athletes. There are many methods of training. In order to train scientifically and effectively, we should put the principles and methods of training into physical education, carry out training activities in education, and constantly summarize and extract effective teaching methods^[5]. For example, in the training process of athletes, communication with coaches requires professional language. So in teaching, we can learn the professional communication needs of sports events to facilitate communication in training and better meet the training requirements.

4.3 Physical education should combine the contents of sports training.

The purpose of physical education is to train students' knowledge and skills in physical education to improve their physical fitness. In order to achieve the teaching goal, only a few training actions can not be achieved. Therefore, it is necessary to change the teaching mechanism so that students can continuously improve their competitive level and accumulate sports knowledge and skills in the long-term training process. This requires teachers to transfer knowledge in combination with physical training content in teaching, improve students' knowledge of sports culture, improve students' cultural literacy, and enable athletes to enhance their physical fitness while integrating physical training content and teaching to promote students' sports training.

5. Conclusion

With the continuous development of sports in China, the training and teaching of athletes should keep pace with the development of the times. We need to make a concrete analysis of the principles and methods of sports training, rectify its shortcomings, and continue to develop its advantages, to promote students to carry out sports training and to promote the development of sports in China.

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