

Analysis on the Development of College Track and Field Teams and the Development Path in the New Situation

Lu Changchun^{1, a}, Jiang Hongying²

¹School of physical education, Leshan Normal University, Leshan, Sichuan 614000, China

²The Engineering and Technical College of Chengdu University of Technology, China

^aluchangchun@126.com

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Abstract: China's sports industry is booming. Under the new situation of the national sports, China's sports development has entered a new bottleneck and development peak. Therefore, China's colleges and universities are an important backup base for cultivating excellent track and field teams. Through the investigation of the current development of college track and field teams, this paper finds that although the colleges and universities develop the athletes for their own sports advantages, there are the following problems in the development of college track and field teams in the new situation: The overall level of college track and field teams needs to be improved, and there is a lack of excellent top athletes; colleges and universities are not accurate in positioning their own sports goals; most colleges lack high-quality sports training resources and cannot attract excellent track and field athletes, resulting in athletes constantly The loss of the coaches who teach the athletes is not high enough, the experience is insufficient, and it is impossible to establish a team of coaches who train high-quality track and field athletes in colleges and universities. These problems have hindered the forward of the college track and field team. For development, it is necessary to consider the scientific and reliable development path to promote the improvement of the sports level of the college track and field team.

1. Introduction

China attaches great importance to college students' competitive sports. It is expected to reflect the overall quality of college students and the level of education from the participation of college students in the economic level of athletics. Along with the development of the times and the continuous deepening of the training of high-quality sports track and field talents by college track and field teams, colleges and universities have further improved the quality of college students' track and field teams, and some colleges have achieved impressive results. However, on the whole, there are still some problems in the development of track and field teams in some colleges and universities, which leads to the lack of improvement in their level of competition. In order to improve their competitive level, some colleges and universities have blindly recruited athletes, and some athletes' sports conditions do not meet the requirements of colleges and universities. It leads to the decline of the overall level of athletics of college track and field athletes; in the new era, how should colleges and universities adapt to the rising trend of the Olympic era, the national sports and the level of sports consumption, this paper studies the construction and development of the athletics team in colleges and universities. Considering the school-running process of the track and field team in colleges and universities, and introducing the advanced experience from abroad, the development path of the college track and field team will be scientifically proposed, in order to promote the sustainable development of the track and field team in colleges and universities.

2. Development of the track and field team in colleges and universities under the new situation

2.1 Insufficient sports level of college athletes and narrow enrollment channels

The core of the track and field team is the athletes. The level of athletic competition is an important part of the development of the entire sports team. It also shows the true strength and future development potential of the college track and field team. Most of the current college athletes mainly The second-level athletes are mainly, and the first-level athletes are concentrated in the universities with high level of sports and teachers. Most of the school's track and field teams have weaker competitiveness. The athletes in colleges and universities are mainly from ordinary high schools, traditional schools of track and field, sports schools and provincial sports teams. By recruiting athletes from these schools, colleges and universities can help colleges to discover the sports potential of students in advance and further target athletes. Sexual athletic ability is improved. While most colleges and universities recruit students, they are mainly based on local students. The recruitment of foreign students is insufficient and the attraction is insufficient, which ultimately leads to the expansion of enrollment channels.

2.2 Insufficient level of coaches in college track and field teams

The coach is an important key to the level of the athletics team. The level of track and field coaches, their teaching experience, and the scientific research ability for sports have an important impact on the training level of the sports team and the achievements in the course of the game. At present, the coaches of most colleges and universities are middle-level, while the academic qualifications are mainly undergraduate. Most of them are ordinary physical education teachers. The lack of practical teaching experience and lack of teaching level for the training of track and field athletes. Although the coaches learned the theoretical knowledge and practical teaching methods in the course of undergraduate study, due to the limitations of the course objectives, the actual teaching standards of these coaches are inconsistent with the training requirements of college track and field teams. In addition, the difference between the position of the track and field coaches and the college physical education teachers is not very obvious. In addition to training the track and field team, the coaches also teach ordinary physical education courses. In addition, the training results in the track and field team are not clear. The reward and punishment mechanism has caused the coaches to be unsatisfied with their work, and to a certain extent has an adverse impact on the level of the athletics team in colleges and universities.

2.3 Current status of college track and field team management

At present, most colleges and universities do not formulate detailed student status management systems for athletes in the track and field team, but they are the same as ordinary students in colleges and universities. As a result, athletes lack the specific direction of training and the motivation for future development in the process of training in colleges and universities, leading to athletes. In the process of future development, it is quite confused, and the inertia is also constantly improving. The interest and enthusiasm of athletes for cultural courses are declining. In addition, athletes are under the dual pressure of training and learning. Few athletes can balance these two contradictions. However, colleges and universities will reduce the cultural requirements of athletes, which is not conducive to the development of athletes' comprehensive quality. In addition, in the colleges and universities, the training of the track and field athletes and the study of the cultural curriculum are determined according to the advantages, advantages and actual conditions of the colleges and universities. According to the characteristics of the track and field athletes' own cultural curriculum and the lack of time in studying sports theory, The content of the study is more biased towards the liberal arts, allowing students to flexibly choose these courses of study, ensuring that students can more easily adapt to society after entering the society.

2.4 Poor team conditions and insufficient funds for colleges and universities

Sports training must ensure its scientific, systematic and holistic nature. Its training before exercise, monitoring and prevention of sports injuries, nutrient allocation and physical recovery after training are all ways to strengthen its scientific nature. At present, colleges and universities have insufficient subsidies for athletes in the athletics team, while other sports nutrition supplements are relatively lacking, resulting in athletes' nutritional needs far higher than their actual supplements, which ultimately lead to athletes being injured during training and competition. Physical fitness can not be recovered enough. In addition, the dormitory where the athletes live is also living with ordinary students. Due to the lack of actual working schedule, the athletes' work and rest are often not guaranteed, which affects the athlete's physical recovery and higher scores. Obtained. In addition, the level of venues and facilities of most colleges and universities has been continuously improved, meeting the sports needs of most athletes, but the sports equipment and scientific research equipment with high technology content are still lacking, and the sports facilities between universities are also available. The larger gap has led to uneven levels of athletes in colleges and universities.

The source of funds for most college track and field teams is generally “squeezed out” by other school funding projects. Few of them are able to follow the national regulations for special social college sports teams, resulting in the maintenance of college sports teams. The main way for most athletics teams to raise funds is through raising corporate funds, obtaining sponsorship funds, and publicity expenses. The source of sports funding is relatively small, resulting in more funding shortages, which is not conducive to the future of college track and field teams. development of.

2.5 The inaccurate positioning and goals of college training athletes

The goal and orientation of colleges and universities for athletes plays an important role in the subsequent training plan, program formulation and actual training. At present, most colleges and universities show a diversified development for the training and orientation of the track and field team. The situation, but because the actual situation of each university has a big difference, the focus on the construction of track and field teams in colleges and universities is different. Moreover, most colleges and universities cannot cultivate high-quality, high-level athletic talents and reserve talents as their core objectives, which ultimately leads to the destruction of the integrity and scientificity of college athletes.

3. The development path of college track and field team under the new situation

3.1 Broadening the channels for enrolling students and improving the quality of athletes

All colleges and universities should constantly improve their recruitment methods and recruitment policies in accordance with the recruitment system of the Education Department, and expand the scale of enrollment, and require the provincial education department and the recruitment office to continuously improve the enrollment policy, and give more enrollment rights to colleges and universities. Colleges and universities can attract more excellent track and field talents with higher professional quality. At the same time, we will improve the primary, secondary and university training systems and learning systems to ensure that excellent and high-level sports talents can be cultivated in different stages to ensure the source of students. At the same time, it will strengthen the promotion of the advantages of the colleges and universities, and attract outstanding talents from other provinces to receive training in colleges and universities in order to ensure the quality and scientific nature of the students.

3.2 Adjusting positioning and goals

In order to ensure the continuous improvement of the athletic level of the colleges and universities, it is necessary to combine the goals of the colleges and universities with their actual development, and to make effective and effective school-running concepts and school-running directions.

Moreover, colleges and universities should be based on the college sports meeting in the process of formulating the team goals. Such school goals have the characteristics of higher positioning and higher starting point. In addition, the leaders and managers of the athletics team in colleges and universities should be able to reverse their own ideas and ways of building teams. They should put their eyes and ears on the international arena, and learn the ideas and ideas of the team, and Positioning and actual school philosophy to innovate and promote the future construction and actual development of college track and field teams.

3.3 Increasing the propaganda of the university's own characteristics and perfecting the competition system

The source of students in most colleges and universities is rarely guaranteed, resulting in lower levels of athletes in some colleges and universities. The overall level of track and field teams is difficult to improve, which has affected the acquisition of college track and field teams and the future development. At present, middle schools and sports schools have become the main ways to obtain the athletes of most colleges and universities. However, because the various systems related to enrollment are still in the process of perfecting the process, they can go to higher education and higher level in colleges and universities. The number of secondary school students is still small. In addition, the leaders of colleges and universities are less concerned about the construction of the track and field team, and the degree of emphasis on the construction of the track and field team is generally from the provinces and cities. The recruitment of talents in other provinces and cities is quite difficult, and ultimately the quality of the students is not well protected. . Therefore, colleges and universities should publicize their own school conditions, conditions and advantages, improve the attractiveness of elite athletes, and ensure that outstanding sports talents from other provinces and cities can take the initiative to come to colleges and universities. In addition, the competition system should be improved and improved. The possibility and number of times athletes may participate in the competition, to ensure that the level of athletes can be promoted through competition.

3.4 Improving the overall level of college track and field coaches

All colleges and universities should be able to establish a perfect reward and punishment mechanism and incentive policies from their own, in order to fully mobilize the coaches' training and teaching enthusiasm. In addition, universities should be able to reduce the work and burden of the coaches of the track and field team. The coaches can concentrate on the training of the track and field team. The coaches of college track and field teams should be guaranteed to be fair and open, and when recruiting coaches, they should select talents with excellent teaching potential, rich training experience and strong business ability, and recruit athletes. Invest in the society, increase the intensity of the introduction of sports talents, recruit more talents with high education level, and improve the training of track and field team coaches, and link the training results of coaches with the evaluation and review of their titles. The coaches can devote more enthusiasm and passion to the training of the athletes, and ultimately improve the overall level and professionalism of the college track and field coaches.

4. Conclusion

Under the new situation, China's sports industry is booming. It also needs a large number of sports reserve talents as a support, while universities are an important base and place for cultivating outstanding sports talents. This paper studies the construction of athletics teams in colleges and universities, mainly analyzes the problems existing in the sports teams from the perspectives of athletes, coaches, team conditions and team goals, and enhances and expands from the athletes' own level. The practical development path has been put forward in many aspects such as the source of students, the improvement of the overall quality of the coaches, the promotion of publicity and the improvement of the competition system, with a view to promoting the continuous improvement of the level of track and field teams in colleges and universities.

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