

## The role of military sports to troops in the new era

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**Abstract:** Talent is the foundation of the army, military sports is an important content of the army to improve the military basic physical fitness of officers and soldiers, practical skills, combat physical fitness, but also as the main means and ways to improve the combat effectiveness of officers and soldiers, strengthen the physique of officers and soldiers, enhance the effective way of fighting spirit, has an important role in enhancing the overall combat effectiveness of the army.

### 1. Introduction

The Training and Management Department of the Central Military Commission issued the Military Physical Training Course. The promulgation of the military physical education course plays an important guiding role in the military physical education teaching and training of our army, makes its military physical education more targeted, rational and scientific, promotes the continuous progress and improvement of the military physical education and training of our army, and comprehensively promotes the improvement of the combat effectiveness and fighting spirit of our army officers and soldiers. The military sports of our army is developing rapidly, and all services attach great importance to military sports training and standard assessment, which is closer and closer to realizing the dream of a strong army. In order to pay more attention to military sports training and take military sports as an important means to improve the military quality of officers and soldiers, military sports should be close to actual combat, improve the depth of understanding and broaden the breadth of thinking of officers and soldiers. Enhance the self-confidence and pride of officers and soldiers, and ultimately achieve the combat effectiveness requirements of officers and soldiers in line with modern high-tech warfare. People often say: "Poor education breeds defective students, poor sports breeds waste students, and poor moral education breeds dangerous students." A few simple metaphors show the relationship between morality, intelligence and body. It is necessary to complete the task of military sports, comprehensively improve the physical and mental quality of officers and soldiers, and ensure that no defective students are produced. With the transformation of our military personnel training objectives, the mission of officers and soldiers is more prominent, and the military sports work is imminent.

### 2. The Current Status and Problems of Military Sports

#### 2.1. The Army's Understanding of and Attention to Military Sports is not Enough

Most of the troops in the organization of military physical education course there is a deviation in understanding, the main concern is to enhance the drill training, physical training, and physical training is mainly a running, the development of endurance, only pay attention to the quantity of military physical training and ignore the quality, it is lack of scientific training. In the military physical training, the training method is relatively simple, and the training effect can not reach the target requirements; In the practical skills training, such as the single and parallel bars advanced practice, because of the site and safety issues, the training deliberately avoided. The teaching content is out of step with the reality and cannot keep up with the combat effectiveness construction of the army. The military physical education curriculum has not been included in the key content of the work, because some leaders have weak consciousness of military sports and insufficient

understanding of it, resulting in the status and role of military sports have not been really established in the army. Lack of corresponding organization and supervision and management institutions, no responsible for military sports training staff establishment, personnel composition, division of responsibilities, plan implementation and other aspects of the blind spot, the daily military sports training time can not be guaranteed, always disturbed by various tolerances, trifles interference, the overall arrangement is not reasonable, military sports training is ignored, can not long-term formation of training system and mechanism.

## **2.2. The Content of Military Sports Training is Simple and the Enthusiasm for Participation is not High**

Military physical training is a multi-directional, bilateral and complex activity. Before training, it is necessary to have an understanding of the physical quality and skill level of officers and soldiers. It is crucial to fully understand the level of physical skills of officers and soldiers at this stage, and to choose the training methods and means suitable for them. Because physical training and drill training are affected and restricted by factors such as site and safety, most troops choose basic physical training as the main content of military sports when organizing and carrying out, ignoring the practical skills of the post, resulting in the impression of military sports to officers and soldiers is long-distance running, push-ups and horizontal bar pull-ups. The teaching contents and methods are boring. Each class repeats training over and over again, and there is little development in horizontal and parallel bar exercises, Trojan horse exercises and obstacle exercises. The single and dull training content makes the officers and soldiers feel that the military physical training is boring, and the initiative and enthusiasm of participation are not high, which directly affects the development and teaching of military physical training. Due to the influence of training venues, most of the troops lack training venues, they can only focus on running, and other events cannot be carried out. At the same time, the coaches are not enough, their skills are limited, the trainees are too many, and the ratio between the teaching and learning sides is too unreasonable, so it is very difficult to carry out multiple military sports, and the tasks cannot be completed. Only return to running, sit-ups, push-ups and horizontal bars one of the main exercises. The long-term development of military sports has formed the content of these five items, and the enthusiasm of officers and soldiers to teach and learn from each other during training has declined greatly, which has limited the development of military sports to a large extent.

## **2.3. The Degree of Integration Between Military Physical Training and the Combat Effectiveness Required by the Troops is not High**

Military sports can not only improve the basic physical fitness of officers and soldiers, but also master the post skills combined with their own posts, but also hone the fighting spirit of "dare to fight and win" and the fighting skills of "being able to fight and win"<sup>[1]</sup>. At present, the biggest problem of military sports in the army is that the training subjects are not closely combined with the improvement of the ability and quality of officers and soldiers, and the trained officers and soldiers can not feel the comprehensive gains of their own intellectual quality and physical quality. The rapid military development of all countries in the world today requires officers and soldiers to have more comprehensive physical fitness and skills, and physical fitness is the basis of mastering skills, only with good physical fitness can better master military skills. And now our troops are not doing a good job of combining physical strength and skills, and they are off track. The simple understanding of physical training as running, sit-ups, push-ups and horizontal bars can be done as a standard of evaluation, ignoring the training of skills.

## **3. Second, the Role of Military Sports on the Troops**

### **3.1. Military Sports Contribute to the Development of Officers and Men's Comprehensive Quality and the Formation of Lifelong Military Sports Habits**

Military sports should determine the main position of officers and soldiers, build a training

system that combines online and offline, build a training monitoring and prevention system, stimulate the enthusiasm and initiative of officers and soldiers in training, and design training content and implementation plans with a purpose and a plan. Military physical training with actual combat as the background, close to actual combat, in the training process to increase the training amount and intensity, stimulate the potential of the officers and soldiers. Strengthen the training of post skills of officers and soldiers, so that the master degree of post skills is getting higher and higher, and the master and application of practical skills in the post is more in line with reality and actual combat. Strengthen officers and soldiers to form lifelong military sports thoughts, attach importance to military sports in ideological concepts, incorporate military sports into ordinary life habits in behavior habits, seriously learn to master military sports training methods and means, to achieve the "four capacity" effect. The cultivation of military sports habits needs time support, and good military sports training habits need toughness and perseverance. Doing a good job in military physical training not only affects the study, work and life of officers and soldiers, but also relates to the cultivation of lifelong military physical training. Good military sports habits can cultivate the military and political quality of officers and soldiers, enhance the exercise, cooperation and confrontation between officers and men, and use training to guide and educate according to the situation in training, which is conducive to the formation of collectivism, solidarity, responsibility, initiative and other fine qualities of officers and men, so as to create a modern officers and men with all-round quality<sup>[2]</sup>. Pay attention to the construction of sports talents and promote the development of military sports training.

### **3.2. Military Sports Contribute to the Realization of the Policy of Actual Combat**

War is not the same as fitness and physical exercise, nor is it the same as sports competitions. The scientific training of military sports should not only improve the military accomplishment of officers and soldiers, but more importantly, build up the blood, rigidity and fighting spirit of officers and soldiers. We need to carry out competitive military sports training, the United States Army promotes "competitive fitness activities", competitive competitions can stimulate the participants' physical fitness and skills. The game scene is simulated as a war, through fierce competition to cultivate the fighting spirit and awareness of preparation for war, but also to improve the battlefield adaptability and combat ability of officers and soldiers, so that officers and soldiers brave to face the war. Military sports competition can not be practiced to reach the standard, set up various levels of competition, single, squad, collective and other forms. The probability of a direct conflict in modern war is very small, but it cannot be considered impossible, and we should always be ready for war. Chinese officers and soldiers need good physical qualities to participate in maritime escort, international peacekeeping, counter-terrorism and disaster relief, especially combat skills and fighting spirit. War operations are the better test and the best training ground. Officers and soldiers who can set foot on this battlefield must have a very good physical fitness and skill reserve, which needs to be combined with actual combat in peacetime military sports training, close to actual combat to conduct training. Officers and soldiers are the main body of military sports, the theory and practice of military sports training should be updated and innovated in time, advance with the times, and the organization of training should be rationalized and scientific.

### **3.3. Military Physical Training Contributes to Enhancing the Combat Effectiveness of Troops**

Military sports belong to the sports category of special industries. It plays a very important role in army construction. Military physical training should be based on officers and men. As an important part of military career, the strength of military physical training is also the performance of the combat effectiveness of the troops. That is to say, the main body of military sports development is officers and men. Through military sports training officers and soldiers to improve the physical level, military skills to master, can meet the needs of modern war, so that the combat effectiveness of the entire army is greatly improved, the goal of a strong army will be realized. Military sports training requires the construction of a team of high-level professionals with special coaches and scientific researchers as the main body, regular organization of military sports competitions and competitions, holding of military sports training exchanges, selection of training backbones,

innovative training content to stimulate the construction and development of military sports<sup>[3]</sup>. With actual combat as the background, military sports is guided by actual combat training to improve combat physical fitness, learn advanced military sports theoretical knowledge, and learn the means and methods of scientific training.

#### **4. Conclusion**

Military physical training should be combined with actual combat to meet the needs of modern war, improve the effectiveness and quality of training, military physical training as an important part of actual combat training, but also as an important indicator to improve combat effectiveness standards. We should optimize military physical training, improve the physical fitness and will quality of officers and soldiers, master military skills, apply them well in actual combat, improve the combat effectiveness of our troops, and build our troops into a high-level modern combat force.

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