

# On the Complementation of Sports Training and Sports Teaching

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**Abstract:** A strong body is the basic quality required by modern society. At present, all levels of education attach great importance to sports teaching, which has become a new trend in the whole society. Sports training and physical education belong to two different fields and have different concepts. However, the two have complementary and mutually reinforcing relationships. Carefully analyzing and researching the complementary relationship between the two is a very practical issue for promoting sports training level and the development of physical education quality.

## 1. Introduction

In modern society, a healthy body is not only the basic condition for personal development, but also a basic requirement for living and working. What's more, keeping healthy is the essential need required by modern society. Under such a background in this era, physical education, as an important way to achieve the goal of educating people, has received much attention at all stages of education. The popularity of national fitness makes sports training become a new trend. Sports training and physical education belong to two different fields and have different concepts. However, the two have complementary and mutually reinforcing relationships. Carefully analyzing and researching the complementary relationship between the two is a very practical issue for promoting sports training level and the development of physical education quality.

## 2. Concepts of Sports Training and Teaching

### 2.1 The Concept of Sports Training

Sports training refers to physical training or sports skill training with the goal of improving the level of sports competition and the performance of sports ability. Sports training is a planned and organized dynamic process, which should be completed under the guidance of coaches and following the sports scientific theory.

### 2.2 The Concept of Physical Education

Physical education refers to the process of education and teaching in accordance with the curriculum standards, teaching plans and relevant teaching materials. It is the fundamental way to implement physical education at all levels of education. Physical education teaching has strong systematic and educational characteristics.

## 3. Similarities and Differences between Sports Training and Sports Teaching

### 3.1 Similarities

First of all, sports training and physical education both are educational behaviors in essence, which belong to education. From the point of this view, the core similarity is that they both are educational. Whether it is training or teaching, coaches and sports teachers have specific educational tasks and purposes when carrying out their work. Secondly, in the long-term development of sports training and teaching, they have formed their own concepts, theories and method systems. Therefore, being scientific is another commonality of the two. Both sports training

and sports teaching are not blind and random. They need to be practiced according to the corresponding theories.

### **3.2 Differences**

First, the objects are different. The major object of sports training is the athlete. Even if schools at all stages carry out sports training, the object is mainly the sports major students of each special sports team with high professional requirements. However, sports teaching face all students characterized by universality and less professionalism, focusing on the teaching basic abilities. Second, the goals are different. Sports training aims to raise the level of special sports, to get better results in sports events, and to highlight the requirements of competitiveness. For sports teaching, the goal is to boost overall development of students' body and mind and highlight the requirements of fitness and education. This also determines that the intensity and difficulty of sports training is far greater than that of physical education. What's more, methods are different. Sports training is mainly a systematic training for a specific project, which is strict with details and highly repetitive. On the contrary, sports teaching takes the individual differences into account and emphasizes diversity and amusement in methods. In addition, sports training require more standardized and specialized venue and equipment.

## **4. An Analysis of the Complementarity between Sports Training and Sports Teaching**

### **4.1 They Can Complement Each Other Theoretically**

Although there are many differences between sports training and sports teaching in object, goal and method, they are both sports work and should follow the scientific law of sports in theory, which lays a solid theoretical foundation for the complementarity of the two. Sports training focuses more on professional development in theory, and sports teaching pays more attention on comprehensive development. Therefore, sports training theory can provide professional guidance for sports teaching, making it more efficient and effective. In turn, sports teaching theory can provide more advanced and comprehensive education ideas for training, which makes sports training concern more the psychological activities and emotional experience of athletes, and then stimulate their enthusiasm and initiative in training, which is also the new trend of modern sports training development.

### **4.2 Sports Teaching and Training Can Learn from Each Other in Methods**

From the perspective of purposes, physical education is the basic work, while sports training is the professional one. In terms of methods, sports training can be regarded as the refinement and promotion of physical education teaching methods. Therefore, most of the methods of sports training can find the practical basis in sports teaching. For example, the fitness training that each sports item needs to carry out, is the most basic form of sports in conventional sports teaching. At the same time, the methods of sports training lay emphasis on the specialty and the improvement of competitive performance. Therefore, the methods are always updated in time. Advanced methods are often introduced in the first time, which is beneficial to sports teaching. The optimization of the method can be viewed as useful reference and supplement, which can promote the development of physical education.

### **4.3 Sports Training and Teaching Can Integrate with Each Other in Content**

Comparatively, sports training points can be subdivided into special events. Track events contain short distance run, middle distance run, long distance run, hurdling, marathon, obstacle course, racewalking, and other events. The more subdividing the special events, the more professional and targeted the training will be. On the contrary, physical education has fewer items in contents in order to increase students' engagement but the content is more flexible and interesting. Therefore, there is a great space for the integration of the two in content. On the one hand, the interesting content of sports teaching provides a variety of choices for sports training, which can be used to change the boring mode of traditional sports training and enhance the attraction to athletes. On the

other hand, the detailed content of sports training also makes sports teaching more scientific and comprehensive, which broadens students' sports vision and enriches students' sports experience. What's more, the specific content also helps to find talented athletes during teaching.

## **5. Suggestions on the Complementary Development of Sports Training and Sports Teaching**

Sports training and sports teaching have strong complementarity. It is of positive significance for the development of both to give full play to their respective advantages. However, due to some perception differences, the two are often treated separately. They form closed systems on their own and cannot play their complementary advantages in terms of content and methods. In addition, teaching quality and hardware level also restrict the complementary development quality, which needs to be solved by effective measures.

### **5.1 Establish the Concept of Complementary Development**

The complementary advantages of sports training and teaching need to be based on correct concepts. As a coach or a teacher, we should correctly recognize the advantages and the complementary relationship between the two. We should find out the complementary integrating point and entry point of sports training and teaching in accordance with the work experience to establish the consciousness of complementary development, so as to realize the complementary advantages of both and promote the high-quality development of sports work.

### **5.2 Value the Complementarity of the Contents**

Sports training and sports teaching have broad integration in content. They are different from each other in content and appearance, but in essence they both focus on promoting the development of sports skills and sports literacy. First, attaching importance on the application of the theoretical content of physical education in sports training. Only when students understand the principles of sports, can they reduce passive response and improve their subjective initiative in training. The second is to put emphasis on the expansion of sports training projects in physical education teaching. In view of the local actual conditions and the specific situation of students, targeted selection should be made in sports training projects, so as to enrich the content of sports teaching and improve students' interest in participating in sports teaching.

### **5.3 Optimize Complementary Method**

There is a clear distinction between “training” and “teaching”. The training method emphasizes standard, intensity and difficulty, which is tense and serious. Moreover, it can keep pace with the times and is always in the process of active exploration and innovation. Sports teaching should absorb new methods and techniques of training for advancing the effectiveness of teaching. For example, “participating competition instead of training” is in line with students' psychology of tasting stimulation and striving for success. The way of competition in physical education teaching can greatly motivate students' positivity. The teaching method is student-centered, focusing on comprehensiveness and interestingness, which is diverse and flexible. Sports training should learn from the methods of sports teaching, creating a more active training atmosphere, which can provide good emotional experience for athletes and improve their quality of thoughts in training,

### **5.4 Value the Support of Faculty and Hardware**

The complementary development of sports training and sports teaching is inseparable from excellent teachers and hardware support. On the one hand, it is necessary to building the capacity of the faculty and promoting the comprehensive ability of teachers' sports theory and training level. On the other hand, strengthening the construction of hardware and enhancing the allocation of space and equipment provide a hardware safeguard for the complementary development of sports training and sports teaching.

## 6. Conclusion

Sports training and sports teaching have both differences and similarities. Under the background of the development of modern sports, they become more complementary. We should fully understand the relationship between them in practice and explore new space and methods for them to complement each other and achieve mutual promotion and coordinated development.

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