

Research on Promoting the Effectiveness of Sports Training in Colleges and Universities

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Abstract: With the improvement of people's living standards, the pressure of college students' study and employment is gradually increasing. To a large extent, physical exercise has been neglected and students' physique has been declining. In the process of College Physical Education reform, in order to bring the advantages of physical education into full play, we are required to strengthen the professional scientific sports training of students, let students master more sports skills, and lay a solid foundation for the healthy development of students' physical and mental health. Therefore, teachers of college physical education should pay more attention to it, improve teaching methods, make the development of sports training more scientific and professional, and improve the effectiveness of sports training.

1. Introduction

Sports training is an important part of college physical education (PE), aiming to train college students scientifically and reasonably, improve their sports level and competition results, and promote the all-round development of college athletes. With the deepening of the reform of PE in our country, sports training courses in colleges and universities in our country should also be constantly reformed to meet the needs of the development of PE. Through the analysis of the current situation of sports training in China, this paper puts forward scientific and effective strategies from various perspectives in order to improve the effect of sports training and promote the development of PE in colleges and universities.

2. Overview of Sports Training

Sports training is a special learning and training process. Under the guidance of coaches, athletes need to carry out skills training, physical training and tactical training, so as to improve their sports level, then achieve sports objectives and complete sports teaching tasks. In the course of sports training, the purpose is finally realized through physical exercises. Although sports training focuses on training practice, it also contains theoretical education. Theoretical education and sports training constitute an important part of physical education. Focusing only on training but neglecting theoretical education will affect the professional guidance of sports training. Athletes' education level will also produce an impact on the smooth development of training. Therefore, in sports training, athletes need to be adequately educated in theory. Only by equating the education of cultural knowledge with sports training can we better promote the promotion of sports training.

3. Existing Problems in Sports Training in Colleges and Universities

3.1 Lack of Abilities of Teachers

In the process of sports training in college PE classes, the overall quality of teachers is low, which leads to certain deviations in actual teaching. It not only brings adverse effects on teaching effect, but also restricts students' sports training. Many college teachers still have problems in their ideas and concepts and lack enough attention to sports training. They ignore the cultivation of

students' interest in learning as well as pay less attention to enriching sports training programs. Moreover, the lack of comprehensive quality and professional ability leads to the failure of sports training to be effectively carried out in college PE.

3.2 Students' Weak Interest

The limited effect of sports training in colleges and universities is mainly student-oriented. However, students' physical conditions are complex and there are great differences among individuals. For example, some students have good physical qualities and are able to easily complete sports training, which is not conducive to improving their physical qualities. There are also some students who are short, obese, lacking athletic ability, and can not successfully complete sports training, which will seriously hamper their self-confidence or even cause injuries. These are the problems that college PE teachers need to pay attention to in order to help students make adjustments in time.

3.3 Inappropriate Curriculum Setting

China's sports level has been in the world's advanced ranks, and the sports industry is constantly developing towards industrialization, which undoubtedly puts forward higher requirements for more professional sports coaches and other talents. However, the content of sports training courses in colleges and universities in China is still relatively old, which is not in line with the rapid development of sports clubs and the overall sports environment. It is also difficult to meet the requirements of the current sports market. Therefore, it is necessary to adjust the sports training courses to improve the effectiveness of sports training and improve the level of sports training.

3.4 Management of College Sports Teams

The management of college sports teams in China has formed a certain system, but it still needs to be adjusted and improved to make it more scientific. In the selection of athletes, colleges and universities in our country mainly pay attention to the athletic ability and talent of athletes, neglect the requirements of other aspects of development. While the ideological and psychological qualities of college athletes need to be improved. The coaches of sports teams in colleges and universities in China are all PE teachers. They not only shoulder heavy teaching tasks, but also carry out professional sports training for student athletes. There exists some shortcomings in teachers' professional level of sports training as well as pressure to complete teaching tasks. The lack of research on sports training will inevitably affect the development of operational training. Coaches, as organizers and instructors of sports training, play a leading role in sports training. Their quality seriously affects the level of the whole sports training team.

4. Specific Strategies for Improving the Effectiveness of Sports Training

4.1 Cultivate Sports Spirit

Sports training is an arduous task, requiring long-term perseverance and spiritual support. Sports spirit, including sports beliefs, sentiments and so on, is manifested in unity and fairness, tenacious struggle, hard struggle and fear of failure of sports appearance and style. It is gradually cultivated in daily training, which plays an important role in sports training. Especially in today's society where the living standard is gradually improving, the lack of exercise conditions for teenagers, coupled with the doting on children by many parents, have affected the cultivation of students' willpower and hardworking spirit in both subjective and objective conditions. It can be seen that the cultivation of sports spirit is very important for students as athletes. Coaches in peacetime training are required to first cultivate and exercise students' sports spirit. At the same time, we should strengthen the education of students' theoretical knowledge and infiltrate sports spirit into theoretical teaching, so that students are able to deepen their understanding of sports spirit through writing, and then truly cultivate and establish sports spirit from their hearts.

4.2 Promote the Professional Level of Teachers

Teachers' qualities and abilities have a vital influence on the final effect of college sports training. For this, it is essential to improve the overall professional quality of teachers. Colleges and universities are expected to strictly implement the external coaching employment system and earnestly implement the assessment system so as to improve the professional quality of college PE coaches. In the normal development of sports training and teaching, it is also necessary to receive special training, which is propitious to improving the level of business. Colleges and universities are also required to implement a competitive mechanism, enhance the crisis awareness of each sports coach, and be able to have a strong competitive advantage. After recruiting PE coaches, colleges and universities need to carry out vocational training regularly, so that they are able to form a good professional spirit, properly improve their treatment and status, mobilize the enthusiasm of each coach, and lay a solid foundation for the smooth development of physical education training. Only when the professional level of teachers has been improved, can we create a good atmosphere for students' sports training, keep them happy and relaxed, and integrate them into sports training wholeheartedly. Teachers are expected to give students enough respect in teaching, formulate various effective training opinions for students, start from the actual situation of students and adopt a variety of training modes reasonably, so that students can form a positive attitude and obtain happiness in sports training. In the process of explaining the essentials of training actions, teachers need to demonstrate for students, so that students are capable of mastering the essentials of sports training comprehensively, tempering students' will, exercising students' physique, and realizing the further development of comprehensive quality.

4.3 Emphasize Psychological Training

Athletes' psychological quality is reflected in every link before and during the competition. It is more detailed in every movement, producing different degrees of impact on the results of competition. Sports training should not only focus on athletes' physical fitness, skills and tactics, but also reflect these abilities through the results of competition. Psychological quality is an important factor affecting the performance in competition. In usual sports training, athletes' psychological quality affects the training effect through emotions, attitudes and so on. Therefore, the psychological training of athletes is also the main aspect to improve the effectiveness of sports training. Only by paying attention to the training of athletes' psychological quality can the effectiveness of sports training be better guaranteed.

4.4 Strengthen the Management of Sports Training

In college sports team, it mainly includes athletes and coaches. In the management aspect, it mainly starts from these two aspects. On the one hand, it strengthens the management of college student athletes. While enduring training pressure, American college athletes also attach importance to their cultural knowledge education. The prerequisite for selecting college athletes is that they must be successful college students and treat college athletes fairly and equally. However, it is difficult to synchronize the cultural knowledge education and sports training of college athletes in our country. Therefore, we can learn from the experience of the United States and strengthen the cultural knowledge education of college athletes in our country, so that they can also become qualified and excellent college students, and treat them equally. On the other hand, in the management of coaches, sports and physical education in the United States are two independent departments, each performing its duties. The selection and appointment procedures of coaches are strict. Coaches have strong professional competence and there is no pressure on teaching tasks. Compared with the situation that our coaches have two jobs at the same time, they can improve the level of sports training more conveniently. Therefore in the management of coaches, we must also carry out reforms to separate coaches and PE teachers, to have a clear division of labor, to strictly enforce the standards and procedures for the appointment of coaches, and to attach importance to their professional level. The high level of sports competitiveness in American universities is closely related to their management of sports teams. We should learn from their successful experience,

improve the management of sports teams in colleges and universities, and then promote the effectiveness of sports training.

4.5 Develop Characteristic Physical Education

There are great differences in physical fitness, hobbies and personality characteristics among college students. PE teachers are required to guide students to strengthen exchanges and activities, master students' interests and personalities in an all-round way, and carry out sports training and teaching according to students' actual situation in the process of carrying out PE teaching activities in colleges and universities. Only in this way can we stimulate students' interest in participating in sports training, mobilize their enthusiasm, and achieve targeted and purposeful sports training. Teachers are also advised to arrange sports training items reasonably, arrange sports training items such as intense sports, strong competitiveness and strong skills according to the actual physical condition of students, and fully consider the differences between students, so that sports training arrangements are more scientific and reasonable, so as to ensure that the expected goals can be achieved. In order to improve the teaching effect of sports training in colleges and universities, teachers need to organize various forms of sports teaching objectives to ensure that sports training projects attracts the attention of students. College students usually have a strong sense, so teachers should organize them to carry out competitive sports training. In the competitive atmosphere, students will arouse their enthusiasm for sports training, and gradually improve their comprehensive quality in physical exercise. For sports training, teachers are suggested to divide students into several groups according to their physical fitness. According to the comprehensive results of each group, those who have made great progress, should be given some rewards, so as to stimulate their enthusiasm for participating in sports training and build up their self-confidence. For students who fail in the competition, teachers need to pay attention to guide them, find out the reasons for the failure in the competition together, and strengthen training according to their own shortcomings in the future.

5. Conclusion

With the progress of science and technology, sports training in China will become more scientific. Only by constantly improving the efficiency of sports training and the effectiveness of training, can we better develop our sports career in a stronger direction. Scientific and perfect sports training system is an important guarantee to improve the effectiveness of sports training. Therefore, we must attach importance to the effectiveness of sports training in colleges and universities in China, analyze the existing problems from various angles, take various measures, learn from the successful experience of other countries, better improve the level of sports training in China, strengthen the management of sports training, and establish a more scientific and effective sports training mechanism.

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