

## **Cultivation of Athletes' Non-intelligence Factors in Track and Field Training Based on Sports Training Management**

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**Keywords:** Sports training; Track and field sports; Non-intellectual factors

**Abstract:** For athletes, physical training is the most important in their sports career. In the process of continuous strengthening of physical training, many educators neglect the teaching of how to deal with the world and how to improve the quality of life of athletes, which are collectively referred to as non-intellectual factors. The mastery degree of students' knowledge and skills is closely related not only to their intelligence factors, but also to their non-intelligence factors. It is suggested that while focusing on the training of athletes' physical fitness and technical and tactical abilities, they should develop their psychological quality in an all-round way and systematically apply the relevant theories of non-intelligence factors to track and field sports. Based on the analysis of the problems in the training of non-intellectual factors of athletes in the current track and field training, this paper discusses the role of non-intellectual factors in athletics training, and puts forward the importance of strengthening the training of non-intellectual factors and its training countermeasures. In order to promote the development of track and field sports, improve athletes' performance, and provide athletes with a good psychological quality.

### **1. Introduction**

In modern sports training, the mastery of athletes' knowledge and skills is closely related not only to intelligence factors, but also to non-intelligence factors. In the fierce competition, the situation on the court is changing rapidly. In the face of the roar of many strong players and spectators, as well as the unexpected interference, the psychological changes of athletes are very complex and delicate. Relevant research shows that for junior and middle-level athletes, the competition between athletes is mainly in biomechanics; for senior athletes, on the contrary, it is mainly psychological factors [1]. Among them, the non-intelligence factor of athletes is the core of psychological factor. In the whole physical training, if the professional performance is overemphasized, the training will be too strong and the athletes will not be able to get other training. Track and field competitions are fiercely competitive [2]. Athletes often have physical contact and are greatly influenced by referees. The results of the competition are highly contingent. Therefore, short track speed skaters must have a good psychological quality in order to make them show the best competitive state.

Everyone's development includes both physical and psychological development. Human physiological development and psychological development are closely linked. Physiological development is the material basis of psychological development, and psychological development also affects the development of physiology. We emphasize the importance of cultivating students' non-intellectual factors [3]. According to the unique advantages of physical education and training, we can develop students' intelligence while developing synchronously with non-intellectual factors in teaching and training. It is the responsibility of the teacher or the coach to mobilize the enthusiasm of each student so that the students' mind and body can be fully developed [4]. Thus, with the improvement of sports level, the level of non-intellectual factors has more and more influence on competition performance, and the training status of non-intellectual factors is more prominent. At the same time, it is of great practical and theoretical significance to improve athletes' performance and promote their sustainable development. Excellent track and field athletes have good physical fitness, technical and tactical level, besides, the level of their psychological training

is very important to the athlete's performance.

## **2. The Role of Non-intellectual Factors in the Training and Competition of Track and Field Athletes**

Non-intellectual factors, in a broad sense, include physiological factors, psychological factors, environmental factors and moral quality, in a narrow sense, including personal needs, hobbies, motivation, emotional regulation, will grasp, personality training and so on. Non-intellectual factors are relative to intellectual factors and are not completely controlled by one's intellectual factors. People's hobbies, emotions, will, personality, motivation, aspirations, beliefs and other aspects are affected by non-intellectual factors. Emotional stability is the main factor affecting the performance of track and field competitions. When the athletes lag behind in the competition, they often have a sense of anxiety, which makes the use of techniques and tactics unreasonable, and often miss the favorable fighter planes, showing an increase in fouls and mistakes. Because the professional training of athletes is often dull, if the athletes do not treat their professional sports as personal interests, they can not withstand the overwhelming pressure [5-6]. We train athletes' knowledge and skills in training, which are mostly a combination of intelligence and non-intelligence factors. It plays six functions of power, orientation, guidance, maintenance, regulation and reinforcement in the training of athletes. Non-intellectual factors, intelligence and knowledge are the three elements of learning. The three are the purpose of learning and the means of learning. Intelligence is more important than knowledge [7]. Non-intellectual factors are more important in learning training than non-intellectual factors and intellectual factors. Its role in the process of human learning is obvious. As a whole, non-intellectual factors are multi-faceted. In summary, it has a series of closely related roles such as motivation, orientation, guidance, maintenance, mediation and reinforcement. In physical education classes, ordinary students think that they are insignificant. Therefore, they motivate good motivations, and put forward appropriate requirements and goals for students' physical conditions, so that students can concentrate on entering the best state to participate in technical exercise exercises, which is conducive to the completion of technical actions.

The lack of knowledge of coaches in the cultivation of non-intellectual factors is the core issue that constrains the development of track and field in China. The main reason why Chinese elite players lose in international competitions is: the ability to control on-the-spot is poor. However, in order to achieve good results and results in professional wrestling training, it requires both the coach's careful guidance and reasonable training plan, as well as the athlete's ingenuity and hard-working training spirit [8]. It is a very realistic and active psychological factor in training enthusiasm and plays an important role in training. Teachers should be based on the students' good motivation. Give guidance and help, help them develop short-term goals and long-term planning, and use a variety of training methods and methods to stimulate their curiosity and desire to climb to a high level. If an athlete always relies on the coach to guide him in the training process, instead of relying on his non-intellectual factors to guide him, he can only be a passive athlete. The regulative effect of non-intellectual factors is the performance of track and field training. The main reason is that the athletes can be stretched and progressive in the whole training process. In this process, besides listening carefully to the coach's arrangement, hard training is the most critical. At this time, the training effect of young athletes is not only the individual intelligence, but also the non-intellectual factors such as everyone's understanding, persistence and willpower.

In sports training, some coaches only pay attention to Pre-competition Psychological training, ignoring the long-term and systematic training of non-intellectual factors of athletes, and less communication with athletes. Good motivation for learning and training is one of the important psychological factors that directly affect the quality of training. It is the internal force that directly promotes human activities. Athletes with desire to win have the best working ability and positive working attitude [9]. As an athlete, only strong self-confidence can support an athlete to insist on intensive training in daily life, and constantly consolidate and improve their ability. As an athlete, only strong self-confidence can support an athlete to insist on intensive training in daily life, and constantly consolidate and improve their ability. It can be seen that the psychological stability of

track and field athletes has an important impact on the results of the competition. Only athletes with a high level of psychological stability can cope with the rapid changes in the arena. Similarly, as a coach, there is no strong will to be a good coach. It is impossible to bring out outstanding athletes. When developing the athlete's will quality, you must have good patience and tireless guidance. Improve the energy of their mental activities. Therefore, in order to enable athletes to master track and field sports skills, special skills, improve efficiency and obtain the best competitive state, we must pay attention to the cultivation of non-intellectual factors of athletes.

### **3. An Effective Way to Cultivate Non-intellectual Factors of Track and Field Athletes**

The basic method of training non-intellectual factors of track and field athletes should be enlightenment. From the point of view of coaches, it is enlightenment, and from the point of view of track and field athletes, it is discovery. Therefore, in track and field training, we must first use the interesting and diverse items to stimulate athletes' training motivation, interest, emotion and other non-intellectual factors, in order to complete complex and interesting technical movements and exercises. In order to achieve correct inspiration and guidance, we must first avoid the traditional "one size fits all" training methods, fully consider the students' gender, age, physiological and psychological characteristics in the training content, and make targeted content arrangements to fully stimulate everyone's interests and hobbies. Therefore, in order for athletes to master technical skills and obtain the best competitive state, athletes must be trained in non-intellectual factors. High-level competitions are not only a contest between athletes' physical and technical tactics. More important is the mental state of the athlete. As a coach, it should be taken as part of the training content. The pursuit of high-quality training results and the pursuit of high-ranking athletes are undoubtedly necessary. This is not only the driving force for personal advancement, but also the hope of an organization or even a nation.

In the process of cultivating non-intellectual factors of track and field athletes, persuasion education is the foundation of work. Regardless of which non-intellectual factors are cultivated, the coach should first explain to the athlete the role and significance of cultivating this non-intellectual factor. For introverted students, they can use the radical method and the induction method to encourage them to talk more, dare to perform, actively lead their peers, give him pressure, force him to become a central figure, and have the courage to lead others. Therefore, in daily training, the target inspection training method is used to simulate the atmosphere of the competition and deliberately exert pressure on the athletes. Communication during training is often an important means of making progress. Communication between the coach and the student, between the student and the student should be strengthened. In order to fully communicate in the training process, we must create a democratic and harmonious atmosphere for training and learning. Moreover, they are highly psychologically active in emotion, cognition and willpower. In terms of endurance, it can withstand large amount of exercise training, and can stop the earlier physical and mental fatigue. The cultivation of non-intellectual factors in sports training can not only help the players grow, but also improve the quality of training and build a harmonious relationship between teachers and apprentices. In addition, it can also cultivate good psychological quality and perseverance and enterprising spirit of team members.

Athletes often need to face more competition pressure, if they can not regulate their own emotions, it will cause frequent emotional depression and lack of enthusiasm for training. Because both hard and soft environments are important determinants of athletes' motivation and behavior. Due to various favorable or unfavorable environmental factors, the development of non-intellectual factors of athletes will have a great impact. If the coach, like the foreman supervisor, seldom cares about the students at ordinary times, lengthens his face in training and punishes the players if he is not satisfied, the team members will have resistance mentality, and the coach will work against each other, complaining each other and influencing the normal training. Each sports team can participate in various competitions according to actual needs, such as: match competition, training competition, test competition, etc., so that the non-intellectual factors of athletes are further strengthened to improve the adaptability of athletes in various environments. Learning track and field sports can not

only blindly pursue the improvement of technical movements, but also pay attention to the cultivation and improvement of students' comprehensive quality in the process of learning. In particular, we must strengthen moral education and require young people to constantly improve their ideological understanding and spiritual will in the process of wrestling training. overall enhancement. The correct training method can also prevent the occurrence of some mental illnesses, improve people's psychological state, enhance people's self-control ability, and stimulate the players' self-motivation, so as to achieve excellent results in future competitions.

#### 4. Conclusions

Non-intellectual factors have a role in maintaining and regulating, compensating and suppressing basketball training. It is not a separate psychological activity process, but is cultivated according to the different situations and different characteristics of the players. Athletes are taught to work hard to train professional skills, and sweat can be exchanged for ultimate success. While educators train athletes' professional skills, they ignore the appropriate interest, emotions, self-confidence, and athletes in sports training. Wait for the cultivation of multiple non-intellectual factors. It is also necessary to strengthen the research on the application of non-intellectual factors of athletes. There are various ways to develop non-intellectual factors for athletes. Coaches should strengthen communication with athletes and gain an in-depth understanding of athletes. Feedback information should be given one by one in the process of training. If this method does not work well, it is necessary to change the method so as to avoid damaging students' physical and mental health, and not only fail to achieve the desired purpose. On the contrary, it wastes rare talents. There are many ways to develop athletes' non-intelligence factors. Coaches should strengthen communication with athletes, understand athletes deeply, and choose effective methods to develop athletes' non-intelligence factors in an all-round way according to their psychological quality and special characteristics.

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