

Research Analysis of Current Situation Concerning Long-Distance Running Stamina Training among Junior Middle School Student in the Attached Middle School to Jiangxi Normal University

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Abstract: According to the total scores of senior high school entrance examination in recent years, the scores of Physical Education in senior high school entrance examination appears a upward tendency, which demonstrates that the subject of PE as a part of the exam has become the top priority among examinees. Nonetheless, the middle-long distance running is an essential component of the Physical exam of the entrance examination. Therefore, the training of middle-and-long distance running is paid enough attention to by families, schools and students. The paper aims to investigate and analyze the current situation of the stamina training methods concerning middle-and-long distance running in the Attached Middle School to Jiangxi Normal University in Nanchang through literature review methods, questionnaire, depth interviewing and mathematical statistics. Besides, the paper intends to elucidate on the existing problems related to the middle-long distance running participated by students either in class or after class and training methods.

1. Introduction

The middle-long distance running represents one of the crucial elements in junior high school's Physical Education teaching, and it has significant meaning to students' body exercise. The middle-long distance running is a competition item that requires a combination of stamina, speed, strength and balanced flexibility. It is required to center on the critical training part at the course of comprehensive development so as to integrate all qualities. Only those running athletes who showcase their own quality in the games can get the desirable results and win the game.

Still, we figure out, in the practice of PE teaching, that the bulk of students fears the middle-long distance running most, due to its long distance, arduous training. Students are easy to get exhausted, and more importantly, stamina is the necessity. Students however are not willing to train the middle-long distance running, the main reason of which is that the reluctance to undergo painstaking bitterness, prevention of fatigue and the panic of their minds root in their brains. As a result, the key point to enhance the grades of students' middle-and-long distance running test lies in that teachers should guide them to take part in the endurance running training strictly and in perspective. Furthermore, they are supposed to teach students in a scientific training method, combined with correct teaching methods. Various teaching methods should be utilized to stimulate their training passion in order to turn the passive training style into active training initiated by themselves. At present, Physical Education has been entirely incorporated into the examination of the senior high school entrance examination. Since the roadwork item accounts for increasingly larger proportion in the subject of Physical Education of the entrance examination, the middle-long distance running is a compulsory component for students who are prepared to the Physical exam of the entrance examination in Nanchang. Consequently, the middle-long distance running enjoys growing attention by either schools or parents. Hence, it is particularly important at current time to constantly improve the training methods of students' middle-and-long distance running and enhance students' grades.

2. Object of Study and Methods

The paper carries out a sampling survey to 420 students in the Attached Middle School To Jiangxi Normal University, adopts literature review methods, questionnaire, depth expert interviewing and mathematical statistics to make the investigation and analysis. Also, it works to grasp the basic condition of the middle-long distance running training in the school and the existing problems, and give suggestions in order to be exemplified as an example to learn for the development of the Physical Education cause in the future.

3. Results and Analysis

3.1 Analysis on the Current Situation of the Middle-Long Distance Running Participated by Students in the Attached Middle School to Jiangxi Normal University

3.1.1 Situation Analysis of the Middle-Long Distance Running Participated by the Junior Middle School Students

The middle-long distance running is a sport event with a combination of speed, endurance and strength. One can only reach his ideal grades only by undergoing a long period of training process. In this process, it should be noticed that a person must conform to the gradual improvement and the enhanced rules of human body mechanism. If so, it can upgrade individual exercise capability in to the greatest extent, dig out human body's sports potential. Moreover, a rigorous training scheme, specialized intensified training and the effective methods of fatigue recovery are required in the training process.

The survey finds out that over half of the students, or 56.19%, are able to persist in training running in the PE class, while after class, 19.76% of 24.05% choose to further intensify their roadwork through joining in the extracurricular class, which exerts a positive promotion to comprehensively implement school's middle-and-roadwork training plan. Yet it can be seen that over half of the students can only rely on the class time to train themselves, so if school hopes to implement the plan more comprehensively, the relevant staffs should strive to motivate these students to be engaged in the training activity as much as possible.

Cycle of the middle-long distance running participated by the junior middle school students in the Attached Middle School To Jiangxi Normal University at present time and the analysis of time spent

The survey shows that the number of people exercising running for two or three times a week makes up nearly a half, and 57% of the boys exceeds 22% of the girls. Plus, nearly a quarter of the students run for over three times. In addition, the exercise time of the most students stands between 30 to 60 minutes, and only 56 students exercise for more than an hour. Obviously, regardless of the frequency of training or the number of people training, boys are superior to girls, which suggests that in terms of the positivity and initiative, girls are less better than boys.

3.1.2 Analysis of the Middle-Long Distance Running Initiative Participated by Junior Middle School Students in the Attached Middle School to Jiangxi Normal University

The survey finds out that 64.52% of 271 students appear less initiative of roadwork training, merely because they would rather start training once the entrance examination contains the subject test, which demonstrates that students do roadwork training merely for other reasons in a passive way, but they fail to realize the training's help and benefit.

3.2 Current Situation Analysis of the Middle-and Roadwork Training Field and Equipment in the Attached Middle School to Jiangxi Normal University

The middle-long distance running can only be trained in the sports fields, while general schools' counterparts are used for teaching and training both, and part of schools have specialized training fields. Like most schools, junior middle students in the Attached Middle School To Jiangxi Normal University don't have one, and the school doesn't have its own sport field. More worse, they need rely on university's place, so conflicts resulted from the limit of adequate place may occur when the

middle-long distance running training are begun at the same time with outdoor teaching, extracurricular activities and other program training. Usually the training can be influenced. Due to the low demand for the equipment prepared for the middle-long distance running, the running training may well result in conflicts with sports teaching or other items, but it will not trigger much effect on the training.

3.3 Current Situation Analysis of Theory and Practice among the Middle-Long Distance Running Athletes in the Attached Middle School to Jiangxi Normal University

As for junior middle schools, the instructors of the middle-long distance running for students are exactly the PE teachers from the school itself. According to what PE teachers know less about the training methods of the middle-long distance running and relevant knowledge. Due to the fact that PE teachers' preferred majors are different, the result comes out that not all PE teachers are proficient in the training of the middle-long distance running, which causes the limited sources that students have less access to the training methods, most of which just train blindly in accordance with their own habits.

As for PE teachers, properly reinforce the theoretical guidance so as to transform students' previous passive training into participatory training, then into initiative training, enabling smooth and fluent communication between teachers and students in training arrangements. Besides, students are able to grasp teachers' training purposes, which can vigorously improve the effectiveness of training.

3.4 Achievement Evaluation after Training Participated by Junior Middle Students in the Attached Middle School to Jiangxi Normal University

According to the statistics, after long period of training, over a half, or 69.04% of students can obtain the pass-level grades, 19.04% of students get extraordinary grades, which proves that the item of the middle-long distance running can help most students enhance the running results, which avoids affecting students' overall test results severely. However, a small amount of students still fail the test, which implies that more exercise is required for them.

4. Conclusion and Suggestion

4.1 Conclusion

4.1.1 Shortage of Hardware Facilities

Among junior middle students in the Attached Middle School To Jiangxi Normal University who are engaged in the middle-long distance running, more than half of the students who take this for two to three times each week, most of which are boys. Like most schools, students in the middle school train their middle-and-long distance running without their own training field. Therefore, the middle-long distance running cannot escape from the bad influence resulted from the conflict of inadequate place to take training when the training coincides with teaching, extracurricular activities and other items of training. PE teachers in the school have uneven understanding of training methods concerning the middle-long distance running among junior middle students and other relevant knowledge, which causes the limited source that students have less access to the training methods of roadwork.

The Attached Middle School To Jiangxi Normal University, as a junior middle school, develops in a long period. Through the continuous development, the roadwork exercise possesses unconscious influence and benefits on students' physical and psychological condition. Nonetheless, since students' training fields are confined inside the campus environment, students from all grades in the school are not allowed to jointly participate in the activity of roadwork training. After all middle school's activity space is fairly finite. If all students are allowed to start the roadwork sport at the same time, the school can not only promise the quality of the roadwork training, but also generate hidden concern to students' safety.

4.1.2 Gap of the Middle-Long Distance Running Training between Male and Female

The survey shows, boys are better than girls in terms of either the frequency of training or the number of students training, according to the positivity of the roadwork training. It also suggests that boy students feels easier to accept and grasp higher-intensive roadwork training. For boy students, they possess higher quality physically than girl students, so boys are able to gradually adapt to the higher-intensive training, and keep it later. In contrast, girl students tend to resist the training physically and mentally more or less on the ground that their personal factors and girl's character prefer something more still and calm. Also, girls don't pay enough attention to the body exercise.

4.1.3 Limited Faculty Members

The level of teaching skill possessed by PE teachers directly determines the sports level of the item, which in turn implies from the survey the insufficient members of PE teachers of junior middle school in the Attached Middle School To Jiangxi Normal University and the far fewer athletic teachers. As far as one can see, the overall strength of PE teachers in the Attached Middle School to Jiangxi Normal University is expected to improve; more faculty members should be recruited.

4.1.4 The Positivity of How Often Students Being Engaged in the Training Determines the Grades of the Middle-Long Distance Running

It can be seen from the survey that students who take extracurricular classes get much better results than those who merely train themselves in PE class. furthermore, the cycle and total time spent in running can substantially affect their grades.

4.2 Suggestion

4.2.1 Infrastructure Improvement

Own to the higher cost of field construction and daily maintenance, the school should build simple ones and some training aiding grounds. They can also seek support from enterprises or public figures in favor of the education of the middle-long distance running. If possible, it cannot only address a small part of field funds, but also enhance students' awareness of sports, enabling them to transform their passive exercise style into active style. Ultimately, a lifelong habit of exercise can be forged.

Meanwhile, students can be trained in separate time so as to arrange all students in the school to take training according to their grades, which can lessen the number of students training in one single round, relieve teachers' pressure in management and training. At the same time, students' quality of the roadwork training can be greatly improved.

4.2.2 Carry out Psychological Guidance

To those who have psychological obstacle in the roadwork training, teachers should give them relevant knowledge in perspective and guide them properly, enabling these students to accept the training psychologically, and to realize the benefits and the help brought by the running training in a long period. It can greatly strengthen students' training enthusiasm so that they will train themselves more actively, and they would like to say: "I need run!", "Let me run!", rather than receive the training reluctantly that turns out "I am forced to run".

4.2.3 Intensify teachers' Awareness to Add Extracurricular Training Courses

Strengthen teachers' awareness in Attached Middle School To Jiangxi Normal University. Add more extracurricular training courses. From the survey, it can be seen that as long as one takes the training, sticks to it, he can surely make progress, since the middle-long distance running is a compulsory test item. Therefore, the middle-long distance running gains attention from parents and plenty of people, believing that a 30-minute sports training added after class alone can bring better results to students' middle-long distance running test.

4.2.4 Strengthen the Faculty Teaching the Middle-Long Distance Running

Strengthen the number of athletic teachers in the Attached Middle School To Jiangxi Normal University. For PE teachers, they should learn and improve their business capability constantly as well, through exchanges among different teachers from different colleges and universities, etc.

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