

An Analysis of the Current Situation of Amateur Sports Training for Teenagers and Research on Improvement Ideas

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Abstract: Youth amateur sports training is an important component of youth sports. It is mainly achieved through sports activities and competitions organized by schools. Amateur sports training for teenagers plays an irreplaceable role in cultivating and cultivating excellent sports talents, and is also an important way to promote the development of competitive sports in China, achieve continuous progress in sports events, and improve their sports performance. However, due to the relatively short development time of amateur sports training for young people in China, there are still some problems in organizing and implementing amateur sports training for young people. This not only affects the level of amateur sports training for young people in China, but also affects the development of China's competitive sports industry. Therefore, this article analyzes the problems existing in the current amateur sports training for young people, and proposes relevant improvement measures and suggestions, aiming to provide some reference for improving the level of amateur sports training for young people in China.

Keywords: Teenagers; Amateur sports training; Improvement strategy

1. Introduction

In recent years, with the development of social economy and the improvement of living standard, people pay more and more attention to the healthy life style. As an effective way to keep fit, physical exercise has attracted more and more people's attention. As the future and hope of a country, physical exercise of young people is particularly important [1]. However, there are some problems in the current adolescent physical exercise, resulting in the physical and mental health of many adolescents can not be effectively guaranteed [2]. At the same time, parents and the society also have a certain degree of one-sidedness and misunderstanding of youth physical training, which brings certain negative impact on youth physical education. Therefore, research on how to improve youth amateur sports training, build a scientific and comprehensive system of physical training, strengthen the construction of physical training teachers, improve the home-school cooperation, etc., is the current adolescent physical education problems to be solved.

2. Current situation analysis

In recent years, with the increasing awareness of teenagers participating in physical exercise, amateur sports training has also received increasing attention[3]. The current situation of amateur sports training for teenagers is:

2.1 Overload training

Some parents pay too much attention to teenagers' sports performance, leading to the phenomenon of excessive physical training for teenagers, and even overload training phenomenon is relatively common in China. This phenomenon not only can not promote the healthy growth of teenagers, but will cause a series of sports injuries and psychological problems. First of all, excessive training easily leads to physical discomfort and injury. Especially for the young people who are growing and developing, physical exercise needs to be gradually adapted to avoid irreversible damage to the body. Too strict sports training is also easy to lead to young people's physical fitness, immunity decline, and even lead to fracture and other serious injuries, bringing potential damage to the body. Secondly, the

excessive emphasis on competitive results makes the youth sports activities lack of interest and diversity. These teenagers often do not have enough free time to be exposed to different kinds of sports or to develop other interests. This is very unfavorable to the all-round development of teenagers. Finally, overemphasizing adolescent sports performance can also bring psychological discomfort to adolescents. These teenagers often feel overly nervous, stressed, and may even experience problems such as depression and anxiety. These psychological problems may harm the self-esteem and confidence of teenagers, affecting their growth and development. Therefore, it is necessary to educate parents to change this erroneous concept of sports, so that teenagers can more freely choose their favorite sports and gradually develop their own sports hobbies. At the same time, we should also strengthen the education and exercise of physical education, and use scientific methods to enable young people to exercise happily and healthily, ensuring their comprehensive development of physical and mental health.

2.2 Lack of systematic training

Part of teenagers participate in amateur sports training lack of systematic, only a single sport training, lack of comprehensive, personalized training guidance. It is a common phenomenon that teenagers participate in amateur sports training only relying on a single sports event. This phenomenon is mainly derived from many sports clubs, schools and other institutions for physical education of the superficial understanding and management mechanism problems. On the one hand, many sports clubs, schools and other institutions tend to ignore the physical and mental development of teenagers and the cultivation of comprehensive quality, only pay attention to short-term competitive results, forcing teenagers to choose a single sport for training, resulting in the lack of diversified sports experience and interest in the cultivation of many teenagers, affecting their long-term physical and mental health. On the other hand, due to the lack of professional and personalized training guidance in many sports club, schools and other institutions, it is impossible to develop training plans suitable for young people according to their physical composition, hobbies, potential and other factors. This lack of systematic training not only fails to optimize the physical fitness of teenagers, but also leads to certain training accidents and injuries. In order to change this phenomenon, it is necessary to raise the awareness of sports education management institutions, focus on the cultivation of comprehensive quality and personalized development, develop more scientific and integrated multiple sports training courses, and increase the interest and experience of young people. In addition, higher requirements are also put forward for sports coaches to improve their professional level and personalized abilities, and provide more personalized and systematic training guidance for teenagers.

2.3 Insufficient funding

Due to the lack of adequate funding, many schools and communities are unable to provide adequate sports facilities and equipment, which will seriously affect the physical exercise of young people. Failure to provide adequate sports facilities and equipment can limit sports programs in schools and communities, preventing children from enjoying a full range of physical activity. On campus, not enough fields and equipment limit students' physical exercise. Some schools have old teaching facilities and do not have adequate infrastructure such as playgrounds, gymnasiums or swimming pools, preventing children from getting a full range of physical exercise. In sports activities, the quality and quantity of sports equipment also severely limit children's performance and skill development. In communities, due to financial constraints, there are often insufficient facilities and venues for children to engage in various sports activities, especially in economically difficult communities. This is very detrimental to children's physical exercise and overall development, as they may only be able to undergo simple basic training and find it difficult to tap their potential.

2.4 Uneven training quality

Due to the lack of professional guidance and guidance, the quality of some amateur sports training is uneven, which seriously affects the sports health of young people. In some schools or communities, due to the lack of professional coaches help and guidance, many children can only participate in some voluntary sports training, may not be scientific, effective, and even some safety risks. In this case, many children are often difficult to achieve the expected training effect, and even affect their physical health. In some spontaneous sports training, because there is no professional training guidance and correction for children, many children are easy to form bad sports habits, such as unreasonable posture, incorrect footwork, which not only affects their training effect, but also may lead to injury and other

safety problems.

2.5 Lack of competitive awareness

In addition to the lack of guidance and guidance from professionals, there is also a problem with some amateur sports training, which is the lack of links to cultivate young people's competitive awareness, which makes many young people lack the pursuit and enthusiasm to become professional athletes. In some amateur sports training, many coaches only focus on the cultivation and training of personal skills, but neglect the cultivation of competitive awareness. This training mode can easily make some children lose the motivation and confidence to compete, thereby reducing their enthusiasm for participating in sports activities.

3. Improvement Ideas

In view of the problems existing in youth amateur sports training, the following are some ideas for improvement:

3.1 Establish a standard physical training system

Scientific assessment should be carried out on teenagers' physical fitness and sports conditions, and training plans should be formulated reasonably to avoid overloading training. The standard sports training system is very important for teenagers' sports health. In the process of establishing a standard physical training system, teenagers' physique, exercise level and physical development state need to be evaluated scientifically in order to formulate a reasonable training plan. In the training process, attention should be paid to avoid overloading training, to ensure the physical health of teenagers. Firstly, it is necessary to conduct a scientific assessment to understand the physical condition of adolescents, including height, weight, cardiopulmonary function, bone, muscle, joint, and other aspects. On this basis, based on the child's physiological age and growth and development status, develop a reasonable training plan to ensure the physical health of teenagers. Secondly, it is important to avoid overload training. Some teenagers may overtrain or use external medications to improve their athletic performance in a short period of time. This practice is not only harmful to the body, but may also lead to exercise degradation. Therefore, schools and clubs should strictly control the amount and intensity of training to ensure that every teenager has sufficient rest and recovery time.

3.2 Establishing a comprehensive sports training system for teenagers

The comprehensive sports training system for teenagers refers to the cultivation of multiple skills and comprehensive abilities of teenagers through comprehensive and systematic sports training during their adolescence, laying the foundation for the development of future professional athletes and lifelong sports enthusiasts. The construction of a complete youth sports training system is shown in Figure 1.

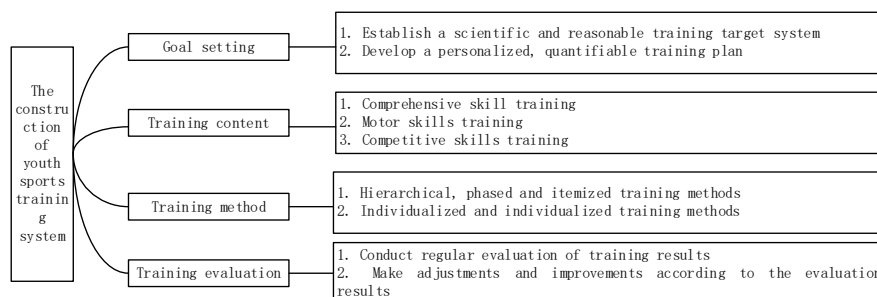


Figure 1: Youth sports training system

The establishment of a comprehensive sports training system for teenagers is not only conducive to their physical health development, but also helps them cultivate healthy interests, hobbies, and personality traits. Firstly, the comprehensive sports training system for teenagers focuses on cultivating multiple physical qualities such as physical strength, speed, strength, and endurance. At the same time, it also pays attention to cultivating the technical skills of teenagers, such as ball games, athletics, swimming, taekwondo, and other events, so that they have rich and diverse sports skills and knowledge. Secondly, the comprehensive sports training system for teenagers also attaches great importance to the cultivation of teenagers' psychological quality and personality qualities, such as willpower,

self-confidence, cooperation ability, innovative spirit, teamwork ability, so as to help them form a positive attitude towards life and professional spirit, and provide strong support for their future career choice and career development. Finally, the establishment of youth comprehensive sports training system needs the joint efforts of the whole society. Schools, coaches, parents, sports clubs and other parties should cooperate closely, strengthen resource sharing, promote innovative comprehensive sports courses for young people, improve their comprehensive sports level, and lay a solid foundation for their future growth.

3.3 Increase investment in sports facilities and equipment to ensure good training conditions and meet the needs of personalized sports training for young people

First, schools and communities should be better funded to upgrade and build infrastructure and add more fields and equipment for children to play. Secondly, schools and communities should fund children to participate in more sports training camps, carry out more interesting sports activities, let children know and contact more kinds of sports, cultivate their sports interests and hobbies. In order to ensure the all-round development of physical and mental health of young people, it is necessary to provide more financial input to schools and communities and improve the lack of sports facilities and equipment. Only in this way can children enjoy better physical exercise and grow up healthily.

3.4 Improve the quality of sports training teachers, provide professional guidance and suggestions for teenagers, and make every effort to ensure the quality of sports training

Schools and communities should recruit professional sports coaches and students, provide professional guidance and guidance, and enable children to engage in sports training in a scientific and safe environment. At the same time, organize some professional training camps or hire professional training institutions to provide more comprehensive sports training for teenagers. To improve the quality of amateur sports training, it is necessary to strengthen investment in sports facilities and also increase the training and recruitment of professional personnel. Only in this way can we ensure that teenagers can safely, scientifically, and effectively engage in physical training and cultivate a healthy physique.

3.5 Guide teenagers to have a correct understanding of sports and cultivate competitive spirit

In the establishment of comprehensive sports training system for teenagers, it is also very important to guide teenagers to correctly understand competition, cultivate competitive spirit and leadership, and promote the all-round development of their own quality. First of all, competition is an important part of sports activities. Through competition, teenagers can exercise their self-confidence and courage, cultivate their fighting spirit and challenging spirit, and learn how to withstand failure and accept challenges. These are the core elements of the competitive spirit of teenagers, which helps teenagers to form a positive attitude towards life and ways of doing things. Secondly, leadership is a very important aspect of the youth comprehensive sports training system. Through competitive training, teenagers can learn how to lead and lead a team, as well as how to organize and coordinate team work. This will help young people improve their leadership and organizational skills, which will help them better play their talents in the workplace and social life in the future.

4. Conclusion

The current situation of amateur sports training for teenagers is intertwined with various problems. We need the whole society to work together, provide professional guidance and assistance, and create a scientific training system, so that teenagers can fully develop their personal qualities and promote physical and mental health development while participating in physical exercise.

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