

Analysis of Problems and Countermeasures in the Construction of High-level Track and Field Teams in Colleges and Universities

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ABSTRACT. *Starting from the construction and development of high-level sports teams in Colleges and universities, while affirming the tremendous impetus to the reform of competitive sports system in China, this paper explores the problems existing in the construction of high-level sports teams in the aspects of economy, society and culture, analyzes the causes of the problems in the construction of high-level sports teams in colleges and universities from various angles, and puts forward corresponding countermeasures.*

KEYWORDS: *Sports training; high-level sports teams; Combination of sports and education; Chinese Universities*

1. Introduction

Since the early 1980s, with the increase of the number of high-level sports teams in China's colleges and universities, the academic community has almost unanimously affirmed the positive effects of the construction of high-level sports teams in Colleges and universities, and the enormous impetus to the reform of China's competitive sports system, with little regard to its negative effects. From the perspective of sustainable development, we cannot ignore these negative impacts and some problems in the process of policy implementation^[1].

2. Construction of High-level Track and Field Teams in Colleges and Universities

2.1 The Problem of Source of Students

The source of athletes is the key to the success of running high-level sports

teams in Colleges and universities. Universities, middle schools and elementary schools are the main source of students who try out high-level sports teams in Colleges and universities. However, since the implementation of the policy of running high-level sports teams in Colleges and universities in China, the composition of athletes has been very complex: there are retired or quasi-retired athletes of professional sports teams in provinces and cities, as well as second-line players of professional sports teams in provinces and cities and high school graduates with certain sports ability. In order to improve the level of sports technology in a short time, many colleges and universities recruit students not from high school students with excellent sports performance, but from the second and third-tier teams of provincial and municipal professional teams, or some outstanding athletes who are about to retire or have retired. According to the survey, the high-level athletes in Universities in Shanghai, Hunan, Tianjin, Guangzhou and other four provinces and cities, retired athletes from sports teams and front-line athletes from junior sports schools without sports potential totaled 70.46%, while only 28.12% from ordinary high schools. The situation is similar in other provinces and cities. Although these athletes seem to have higher sports skills than high school athletes in the short term, they still have high sports skills. Most of us have passed the peak period of competitive ability, and have little potential for development, which deviates from the right way of "finding seedlings - intensive training - creating achievements - shaping talents".

2.2 Physical education is still difficult to combine

Because of their different backgrounds and motivations, many high-level athletes in Colleges and universities are lack of motivation to study, and it is difficult to concentrate on completing their studies in universities. Some older athletes have poor cultural foundation because they are engaged in professional training all the year round. However, the syllabus of many colleges and universities does not conform to the actual level of athletes. They are under great pressure in their studies, which causes these athletes to be "tired of learning" and "afraid of learning". Especially the affiliated professional athletes, who have engaged in professional training from junior high school or even primary school, have long been separated from the study of cultural courses, and their cultural foundation is poor, which

makes it difficult to adapt to the study and life of colleges and universities and to meet the basic requirements of higher education. Many athletes with formal university status also arrange their work and rest time in accordance with the requirements of professional teams, and their training and competitions are almost complete. Department, although the class time per semester is much less than that of normal college students, but often truant. And those affiliated or co-sponsored units of "college students" are rarely "patronized" schools, however, the school often opens one side to them, as long as there are reasons for competition or training, cultural courses can be reduced, and examinations can still pass. Therefore, the combination of physical education and physical education is still "physical" rather than "teaching". The relationship between high-level athletes and schools has become a purely mutually beneficial relationship. Schools want them to win medals and win honors in competitions, while they take a "water flooding" diploma from schools. Such failure to comply with the basic requirements of higher education and the abuse of diplomas will inevitably affect the reputation of schools and the purity of school education over time. Moreover, after entering university, this athlete has a certain gap with ordinary college students in terms of his own quality, working and rest time, learning attitude, lifestyle, including outlook on life and values. If improperly managed, it will also have a negative impact on the atmosphere of the whole campus, making ordinary college students have a prejudice against student athletes and failing to achieve school training and education. Human goals^[2].

2.3 The trial work upset the balance of the competition market

Competition is the lever of training. Only by cultivating a good competition market can we mobilize the enthusiasm of all aspects. At present, the introduction of some policies in China has not only failed to play the guiding role of the policy, but also had a negative impact on the cultivation of a good competition market. For example, the list of high-level sports teams colleges and universities (2008) for some key projects such as track and field has been issued in the form of authoritative red-headed documents issued by government agencies, which artificially prescribes the advantages of specific schools. In addition to some positive effects, the promulgation of documents has also produced some negative effects, such as table tennis, only 38 colleges and universities, while there are more than 1000 colleges

and universities in our country. Schools do not receive policy attention. In this way, it frustrates the enthusiasm of most colleges and universities to run high-level sports teams. Especially in some colleges and universities, taking advantage of the policy advantage of special enrollment, even recruiting all the main players of the youth team in a province to form the main team of the school, so that the school is in an absolute dominant position in Colleges and universities in the region, while other colleges and universities in the region do not have the qualifications of special enrollment athletes, amateur student athletes generally have a low starting point, so some schools have simply abandoned the school for many years. Traditional events, and therefore lost the initiative to continue to run projects and participate in competitions. In addition, because the state only gives preferential admission policies to colleges and universities that try to run high-level sports teams, the high-level athletes of a project in various provinces and cities are too concentrated in individual colleges and universities. In Regional University competitions, it is difficult for high-level athletes to meet competitors with the same level, so they can not. Get exercise in the fierce competition^[3].

2.4 Repeated construction and low efficiency of training

The original intention of running high-level sports teams in Colleges and universities is to turn ordinary universities into training bases for elite sports talents, focusing on the Olympic strategy and improving the competitive level of College athletes. However, from the current situation, this practice has not played a policy-oriented role and produced the desired results. At present, most provinces, municipalities and autonomous regions in China have two relatively independent training systems for high-level sports talents. In some provinces, there are even three relatively independent training systems. One is the provincial sports bureau, the other is the education department, the other is the provincial capital city or the City Sports Bureau with strong financial resources. In addition, within the scope of some provinces, there is still a phenomenon that several colleges and universities build high-level sports teams of the same project. Although there are more and more schools recruiting high-level sports teams, the extensive multi-school team-running mode causes problems such as insufficient team-running level, insufficient scientific research and coaches, inadequate competitiveness and development stamina, and it

is difficult to achieve the goal of training high-level athletes for participating in national and World University games. Competitive sports is a high-level and high-risk activity. It is a high-level project. It is essentially different from the general "popularization-improvement" activity. There is a positive correlation between the level of competition and the cost of investment. In the case of insufficient resources, to complete the "high-level" task facing the world, we need to concentrate our efforts. This is a victory of our competitive sports. Law. According to the analysis of the current distribution of high-level sports teams in Colleges and universities in China, we can see that the distribution of sports is not balanced, some of them are too centralized, and there are few events that can carry out national competitions. The events that can not completely carry out inter-school competitions in the region account for a large proportion, which affects the improvement of high-level sports. Secondly, the resources of competitive sports athletes are scarce, and the achievement of competitive sports must satisfy several conditions: first, the potential of athletes themselves, second, the level of training, third, the management and corresponding logistic support. However, many colleges and universities have not yet possessed the ability and conditions to run high-level sports teams. Many colleges and universities have not yet deeply comprehended the essence of the purpose and task of the trial run of high-level sports teams. In training, they often regard high-level sports training and low-level sports training as a whole. They only set the goal as the level of participating in the National College Games, and overemphasize competing with brother colleges and universities for ranking, thus weakening the intended goal of the "pilot" work in ordinary colleges and universities^[4].

3. Countermeasures for the Construction of High-level Track and Field Teams in Colleges and Universities

3.1 Deepening the Reform of Enrollment System for High-level Sports Teams

Establish a scientific and reasonable enrollment mechanism, standardize the laws and regulations for the enrollment of high-level athletes, and make the enrollment of high-level athletes in Colleges and universities legalized. In addition, attention should be paid to the construction of students'source areas. Universities should focus

on the cultivation of reserve talents for high-level sports teams. Special funds can be set up, funds and equipment can be invested in some bases in a planned way, and coaches can be sent to the student source bases to guide training, so as to form an ideal one-stop team from primary and secondary schools to universities. Talent training mode. In the course of enrollment, the state should formulate practical policies to eliminate the "affiliated" athletic enrollment and regulate and restrict the "enjoyment of its achievements" in Colleges and universities^[5].

3.2 Reform the Competition System and Realize the "Combination of Sports and Education"

The dual-track system of competition system will inevitably affect the ownership of sports teams. The separation of sports and education competition system under the traditional competition system will inevitably lead to the phenomenon that sports teams are the main players. Therefore, the integration of the education system and the sports system competition system at the national level will solve the problem of division and governance of the competition system from the source, and ultimately guide the ownership of the "professional teams". Of course, following the development trend of professionalization of competitive sports, the adjustment of competition system should be based on the level of teenagers' competitions, making college students' sports competitions become the traditional youth sports competitions, and making middle school students' sports competitions become the traditional teenagers' sports competitions. And improve the education system to cultivate excellent sports reserve talents, only in this way, can the current youth team and youth team return to education^[6].

3.3 Strengthen the Management of Coaches

Looking at the current qualifications of coaches of high-level sports teams in Colleges and universities, although most of the coaches have senior professional titles, facing the unfamiliar field of high-level sports team training, there are some problems such as lack of professional ability and experience. Institutions of higher learning should establish a competitive induction mechanism based on performance appraisal, in which the competent, the average and the mediocre are allowed to work,

break school boundaries, recruit talents regardless of their qualifications, and improve the overall quality of coaches; strengthen the training of teachers with potential coaches, arrange relevant coaches to study in sports teams, learn and apply the training methods of professional teams; and introduce high-level coaches into their composition. The evaluation system for coaches of high-level sports teams should form a virtuous cycle mechanism for the survival of the fittest; strengthen international exchanges, select career-minded and potential coaches to study abroad, and improve the professional level of coaches^[7].

3.4 Improving Training Benefit and Quality

In order to improve the efficiency of training high-level athletes in Colleges and universities, it is necessary to change the high-level sports teams from extensive to intensive. Through deepening reform and implementing the hierarchical team-running system of high-level sports teams, taking provinces and municipalities as regions, according to the nature of various universities, training facilities, coaches and scientific research level, and training objectives, we should apply for the admission of high-level athletes. The school is divided into several grades and assesses and evaluates the related items of the layout of colleges and universities. Furthermore, the combination of physical education and education should be implemented, training time should be reduced, scientific training should be strengthened and training efficiency should be improved. We should resolutely resist unfair competitive means and actions against the laws of scientific training, abandon the original guiding ideology of "gold medals", let sports return to education, rationally arrange the time for sports training and cultural learning, pay attention to the common improvement of athletes' competitive level and comprehensive quality, and cultivate a truly university-based culture under the concept of "cleaner, more humane and more harmonious". High-quality elite athletes with knowledge^[8].

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