

Present Situation Analysis and Countermeasure Research of Track and Field Sports in Colleges and Universities

Wumeng

Northeast Normal College of Humanities, Changchun 130117, China

ABSTRACT. *Track and field sports in our country has a profound cultural connotation and a long history, it is an important product of the long-term practice of human society, is one of the universal sports in the world. In each sports competition, track and field sports play a very important role. Track and field sports in colleges are conducive to promoting students' physical development and improving their sports skills. However, there are still some problems to be solved in the actual college track and field sports development. Therefore, Chinese colleges and universities should actively analyze and study the strategies to solve these problems.*

KEYWORDS: *University; Athletics; Existing problems; Resolution strategy*

1. Introduction

With the improvement of China's economic development level and the continuous optimization of economic conditions, China's track and field sports have developed rapidly and the athletic level of track and field sports has been continuously improved. The smooth development of track and field sports in colleges and universities is conducive to the development of China's sports cause and the improvement of college students' physical quality. However, at present, China's college track and field sports focus on improving students' physical quality, ignoring the cultivation of students' good habits, so colleges and universities need to follow the trend of The Times, and actively carry out high-quality track and field sports.

2. Current Situation of Track and Field Sports in Colleges and Universities

2.1 The Origin of Track and Field Athletes

The origin of track and field athletes is an important basis and prerequisite for the smooth development of track and field sports. China USES the elite competitive sports system, and many excellent and talented athletes will be selected to our professional sports competition system [1]. China's provincial and municipal bodies have registered excellent track and field athletes long ago, which to some extent hinders the registration of college track and field athletes, making the problem of the source of college track and field athletes more and more serious. Driven by short-term interests, some colleges and universities will often recruit some retired track and field athletes, because these retired athletes are relatively mature in sports skills, after years of professional training, so once into the college track and field sports can immediately lead the team, to contribute to the college track and field sports. However, some professional athletes have serious ideological burden due to their age and lack of potential for further exploration, so it is difficult to improve athletic performance, which hinders the improvement of track and field sports level in universities to some extent, and is not conducive to the healthy and sustainable development of track and field sports in universities.

2.2 Problems in Track and Field Training

College track and field athletes should not only participate in track and field training, but also undertake the task of learning. Compared with professional athletes, college athletes need more time and energy to improve their sports skills. In the actual training, college athletes should strictly follow the relevant requirements, carry out high-intensity training, and then generate the psychology of exhaustion, which will eliminate the initiative and enthusiasm of college athletes to learn professional courses and exercise training. In order to achieve the standard of cultural courses and obtain the graduation certificate, many college athletes abandon college sports training, which will seriously inhibit the improvement of college athletes' sports level.

2.3 Financial Issues

In the development of track and field sports in colleges and universities, fund is an important factor, and the lack of fund will seriously hinder the development of track and field sports in colleges and universities. At present, the development of track and field sports in colleges and universities in our country does not have special funds from the government, but relies entirely on the universities themselves [2]. China's education and sports departments do not give enough financial support to college sports teams, and college track and field sports only a small part of social and corporate sponsorship, colleges and universities do not effectively broaden the source of funds channels, give full play to their own hematopoietic function. Due to the lack of sufficient financial support, the sports facilities of college sports teams cannot be improved and perfected, which hinders the improvement of college track and field sports level to some extent and is not conducive to the smooth development of college track and field sports. The problem of insufficient funds for track and field in colleges and universities is not only the problem of the development of college sports, but also the problem of the college education system itself. In the development of colleges and universities, sufficient financial support is needed to provide important guarantee for the promotion of teachers, the purchase of hardware and the teaching management. Therefore, the lack of funds will bring great challenges to the track and field sports in colleges and universities in China.

2.4 Development of Track and Field Sports in Colleges and Universities

Relevant investigation shows that the development of track and field sports in colleges and universities in China shows a trend of weakening, and many colleges and universities only take track and field sports as an elective course. In the actual course selection process, most students will not choose track and field courses, so most colleges and universities choose to cancel track and field courses, track and field as a quality training. The main reason is that there are certain limitations in college students' understanding of track and field sports, and China's colleges and universities have not carried out good physical education reform, leading to the abnormal development of track and field sports in colleges and universities, which has seriously hindered the development of track and field sports in colleges and universities in China. Beyond that. Most PE teachers in colleges and universities in China graduated from non-track and field majors, without strong professional ability and high professional quality [3]. In the actual development of colleges and universities, they ignore track and field sports, almost do not hire professional track and field sports teachers, and do not carry out diversified track and field sports, which to some extent hinders the improvement of track and field sports skills and level of college students in China.

3. College Track and Field Sports Strategy

3.1 Optimize the Construction of the Macro System

The establishment of sports teams in colleges and universities is an important strategy to train sports talents in our country, and also the requirement of the reform of competitive sports system in our country. Under the background of the development of market economy, the demand for talents has been constantly raised. In order to promote the development of sports in colleges and universities in China, colleges and universities should follow the trend of The Times and cultivate high-quality talents from multiple angles and aspects. At the same time, colleges and universities should establish a perfect competitive sports management system to lay a good foundation for the smooth development of competitive sports in colleges and universities.

3.2 Adhere to the People-Oriented Concept and Promote the Sustainable Development of Track and Field Sports in Colleges and Universities

In today's social development process, people-oriented is an important concept of development and an important symbol of human social progress [4]. In reform of track and field sports in colleges and universities should adhere to the people-centered concept, intensify, teaching contents, teaching methods, teaching situation of campus environment, teaching methods reform, perfecting the basic sports facilities, sports for students to create a good environment, let the student fully to realize the value of track and field sports exercise, promote the smooth development of college track and field operation.

3.3 Improve the Teaching Quality and Level of Track and Field Sports in Colleges and Universities

First of all, colleges and universities should establish the correct ideological consciousness, formulate the correct direction of sports training, improve the quality of track and field teaching in colleges and universities, give full consideration to the future development direction of sports teaching, and improve the scientificity and sociality of sports teaching. Secondly, the teaching level of track and field teachers directly affects the teaching level of track and field sports. Therefore, colleges and universities should establish a team of track and field teachers with high quality and high working ability, focus on training backbone teachers, constantly adjust and optimize the teaching structure, and improve the level of track and field teachers [5]. Establish a perfect competitive incentive system to improve the teaching level of university teachers on the whole. In addition, colleges and universities should develop a scientific evaluation system, keep the dynamic nature of the evaluation system, scientifically evaluate the process of physical exercise, and realize the diversification of evaluation methods. Finally, in order to improve the teaching quality and level of track and field in colleges and universities, it is necessary to strengthen the reform of teaching materials, give full play to the main role of students, and improve the flexibility of track and field teaching.

3.4 Guide Students to Use Track and Field Sports to Improve Their Physical Fitness

Colleges and universities should actively establish track and field sports associations and require PE teachers to participate in the construction of the associations and give students correct guidance. At the same time, colleges and universities should continue to enrich the teaching content of track and field, encourage more students to participate in track and field sports, constantly innovate and optimize the teaching methods of track and field sports, enhance the fun of track and field sports, bring different sports feelings to students, stimulate students' enthusiasm for track and field sports, and cultivate students' interest in learning. Continuously improve and improve the track and field sports assessment system, ease the pressure of sports, to prevent students in track and field sports exclusion.

3.5 Promote the Development of College Track and Field Sports Teams

Colleges and universities should focus on recruiting promising, high-level track and field athletes, and seek out talented athletes in their daily physical education programs and school sports meetings. At the same time, colleges and universities should employ coaches with high professional ability, professional quality and professional level, carry out regular training for track and field athletes, and use correct and advanced training methods to improve the training quality and effect of track and field sports. In addition, colleges and universities should broaden the source of funds, strengthen the cooperation with the society and enterprises, to provide a strong guarantee for track and field sports.

Conclusion: as a traditional sport, track and field sports play a very important role in the improvement of sports skills and physical quality of Chinese college students. In order to promote the good development of track and field sports in colleges and universities, colleges and universities should actively establish a high-level track and field team, continuously optimize the teaching methods of track and field, improve the teaching quality of track and field sports, and promote the good development of track and field in colleges and universities.

References

- [1] Wan guochen (2017). Analysis on the current situation and countermeasures of track and field sports development in colleges and universities. *Journal of chifeng university (natural science edition)*, no.7, pp.89-90.
- [2] Dong xian (2018). Current situation analysis and development strategy research of China's reserve force in track and field sports. *Qunwen tiandi*, no.10, pp.112-113.
- [3] Chen shuqi (2019). Research on the status quo and development countermeasures of track and field sports in China. *Anhui sports science and technology*, no.6, pp.44-45.
- [4] Li bin (2019). Research on the development status and countermeasures of track and field training in Chinese universities. *Martial arts (sports forum)*, vol.6, no.10, pp.68-69.
- [5] Liu wu (2019). Current situation analysis and countermeasure research on physical training of track and field events in China. *Yunnan normal university*.