The Present Situation and Development Countermeasures of Training and Management of Sports Teams in Colleges and Universities

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Key words: sports in colleges and universities; training of sports teams; management work; present situation; development countermeasures

Abstract. The effect of training and management of sports team in colleges and universities is particularly important to the physical education in colleges and universities, which can cultivate the good psychological quality and strong perseverance quality of all the players, and promote their balanced development in the moral, intellectual, physical, aesthetics and labor all fields. However, there are some problems in the training and management of sports team in colleges and universities. This paper will discuss the development countermeasures on the basis of the analysis of the present situation, hoping to provide reference for the training and management of sports teams in colleges and universities.

1. Introduction

In the background of market economy, the competition tends to be more and more fierce, and the formation of correct national competition consciousness, we must pay attention to the realization of the goal of sports professional training under the market guidance, through effective training to form a sports reserve talent team. Colleges and universities are the important places to train athletes. At present, most colleges and universities have set up sports teams, and through regular training to improve the sports skills of all players. However, there are still some problems in the training and management of college sports team, such as the professional accomplishment of the sports academic staff can not meet the requirements of the sports teaching objectives, the training content is not conducive to the enthusiasm of the players, the mode of sports team management needs to be improved. This paper will analyze these problems, at the same time, it will from improving the professional quality of the academic staff; organizing colorful sports training activities to stimulate students' training enthusiasm; optimizing the management mode of the sports team in colleges and universities to discuss the development countermeasures.

2. The present situation of training and management of sports teams in colleges and universities

2.1 The professional accomplishment of the sports educational administrators cannot meet the requirements of the sports teaching objectives

At present, the professional quality of the academic staff of some colleges and universities needs to be improved, and a lot of academic staff are students of sports major, sports skills, teaching experience and professional quality can not meet the requirements of physical training teaching; Although some of the educational administrators are physical teachers, but fail to understand the connotation of the training and management of sports teams in colleges and universities and they still use the traditional training teaching mode, the lack of necessary communication between teachers and students split the relationship between teaching and learning [1].

2.2 The training content is not conducive to the enthusiasm of the players

Many ordinary colleges and universities let the sports players training of the main activities only
include ball and track and field, let the players repeatedly practice these skills in a long period, will inevitably affect their training enthusiasm. Moreover, at present, the competition activity of ordinary colleges and universities is less, seldom communicate with other colleges and universities, and organize sports competition, which will inevitably lead to the ability of the college sports team cannot be improved more effectively, and aggravate the imbalance of the training of colleges and universities sports team [2].

2.3 The mode of sports team management needs to be improved

At present, most of the general college sports team management mode is not perfect, which is mainly reflected in three aspects, first, the enrollment management is not perfect, students from high school graduates, appropriate age retired athletes, sports school students, this will inevitably cause the athletes in the skills and quality level of uneven [3].

Secondly, the management of the academic staff is not perfect, many colleges and universities let the students, teachers and retired athletes to assume the academic staff, most of the students will leave the sports team after graduation, teachers and retired athletes may also leave due to the expiration of the contract, so the academic staff lack stability, management efficiency is low.

Third, the fund management of sports teams is not perfect. Some colleges and universities do not pay attention to the development of sports teams, without adequate fund support, and the management of sports teams is also quite chaotic, even the phenomenon of fund waste.

3. Development countermeasures

3.1 Improve the professional quality of the academic staff

Colleges and universities do the professional training of sports academic staff, adhere to the "on-demand training" principle, guide the academic staff to understand the connotation of college sports team training and management, strengthen their own sports skills, pay attention to students' views in the process of physical training, respect students' subjectivity, constantly sublimation professional moral sentiment and humanistic accomplishment [4]. In addition, the university should guide the academic staff to combine the specific sports project to do good training activities, standardize the sports team management. For example, in the training activities of "football team training", the training teachers should guide the academic staff in setting up the campus football team to guide the football team practice group attack, group defense, team attack and team defense skills, correctly understand the football team formation, roles and responsibilities. Organize 3 to 1 win the ball game, 2 to 2 support game, 4 to 2 double lattice games and 3 to 3 win the ball game for the football players when carrying out the attack of the group, to strengthen the competitive consciousness and the ability of unity and cooperation of all the players. When teaching the players to practice group defense, they are divided into some group of two, using markers to mark a 20 yard×25 yard training ground, with a 4 yard wide goal in the middle of each side of the court. At the beginning, kick off from the middle of the site. Let each team defend a goal, and can score by scoring a goal that is lower than the knee.

3.2 Organize colorful sports training activities to stimulate students' training enthusiasm

The academic staff should cooperate with all the sports team members to carry out a variety of sports training activities, with the nearby universities and sports schools to work together, organize interesting high intensity project competition, let the students in the colorful training activities to improve participation enthusiasm, develop their own sports potential, develop sports talent.

Secondly, the academic staff should adhere to the teaching idea of "building the training objectives of Chinese characteristics sports", cooperating with the team members to form the goal model of multidimensional structure, integrate sports specialty goals, adaptation layer goals, basic goals, knowledge goals, intelligent goals, value objectives, behavior goals and emotional goals into the multi-dimensional structure of the training objectives, so as to strengthen students' sports
foundation, develop students' sports expertise, and stimulate students' sports spirit. For example, in organizing the Chinese martial arts training activities, the academic staff should use the cultural guidance education method to guide the members to understand the connotation of traditional martial arts, and inform them that there are many kinds of traditional Chinese martial arts, the content is rich and colorful, there are various techniques, leg, body, and so on, the whole set of movements and ups and downs, continuous and changeable. Participation in martial arts training activities can improve the physical and mental quality, cultivate courage, perseverance, resourcefulness, decisive quality and national pride. Next, the teacher can play the real martial arts teaching video for the players, let the players understand the martial arts can be divided into two categories: armed and unarmed. Modern armed martial arts include Kendo and Kyudo. Unarmed include Tai chi chuan, Jujutsu, Judo, Karate and Taekwondo. Especially in the training of Tai chi chuan, the academic staff should guide the players to recognize in practice and competition that Tai chi chuan is one of Chinese boxing, originated in the early period of the Qing dynasty (1644 - 1911), in the Qianlong period, Shanxi martial artist Wang Zongyue use the philosophy of taiji yin and yang in “The book of changes” that analysis from of Zhou Dunyi's "The book of Zhou zi" in song dynasty to explained the boxing theory, write “The theory of Tai chi chuan”, so named Tai chi chuan. Tai chi chuan was first introduced to the Chen family of Wen county in Henan province, and the creation of Chen's Tai chi chuan is the Chen Wangting of the late Ming dynasty. So far, Tai chi chuan has evolved into five popular factions, such as Chen (Chen Wangting), young (Yang Luchan), Wu (Wu Jianquan), wu (Wu Yuxiang), sun (Sun Lutang). Since the 1950s, the Chinese sports world has compiled the simple Tai chi chuan, 88 - style, 48 - style, 24 - style Tai chi chuan and Tai chi chuan competition routines, etc. The style and posture of all kinds of Tai chi chuan are different, but the structure and sequence of the routines are same. Using the eight basic methods of beng, smoothing, squeezing, pressing, mining, lie, elbow and relying, which called "Tai chi chuan eight method". These common ground is meditation is the intention, breathing nature; gently and slowly; action arc, circle life integrity; coherent coordination, the actual situation is distinct; Light and flexible, gentle and flexible. This will help to shape the students' sports spirit and national competitive consciousness, and improve students' humanistic sports literacy.

In addition, the academic staff should adhere to the persistence principle, targeted principles and "people - oriented" principle, continuously develop the Chinese sports spirit, guide students to adhere to the training of their own sports skills, give sports training activities strong humanistic spirit, make the sports team training activities into ecological and healthy.

3.3 Optimizing management mode of sports teams in colleges and universities

To optimize the management mode of sports team in colleges and universities, we must do three tasks, perfect student resource management system, standardize the management of academic staff, strengthen the funds management of sports team, so as to reduce the differences between the athletes, build a team of high-quality academic staff, ensure adequate funding support, promote the sustainable development of sports team in colleges and universities.

4. Concluding remarks

In summary, there are still problems in the training and management of college sports teams, that the professional quality of sports academic staff can not meet the requirements of the sports teaching objectives, the training content is not conducive to the enthusiasm of the players, the team management model needs to be improved, and so on. Therefore, the school should pay attention to improve the professional quality of the academic staff; regularly organize colorful sports training activities to stimulate students' training enthusiasm; continuously optimize the management mode of sports team in colleges and universities.
References


