Methodological Thinking on Disciplinary Research Fields of *Theories of Sports Training* from the Philosophical Perspective

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**Abstract.** Based on the philosophical perspective, a methodological research on disciplinary research fields of *Theories of Sports Training* is carried out, which puts forward the primary issues, the key issues, the vertical developing issues and core issues that should be taken into considerations in the methodology of disciplinary researches of theories of sports training, reveals that the innovation in *Theories of Sports Training* needs more philosophical and methodological guidance.

**Research Purpose**

In 1983, Chinese first *Theories of Sports Training* was compiled by China Sports Science Society, which is the sign of the official establishment of this discipline in China. *Theories of Sports Training* then has gradually became one of the most important subject in sports colleges like Beijing, Shenyang, Shanghai, and Wuhan and so on since 1984. In 1988, *Theories of Sports Training* was established by the former State Education Commission as the main subject of sports training major[1]. In 1990, China officially published the first general teaching material for sports colleges, that was *Theories of Sports Training*. In 1992, *Theories of Sports Training* was established by former State Physical Culture and Sports Commission as the main content of Chinese coaches’ pre-job training. In September 1999, the new version of general teaching material for sports colleges *Theories of Sports Training* was once again established by State Education Commission as the only one national teaching material for the sports major discipline, which shows how important the sports discipline is. In reviewing the developing process of sports training discipline, one thing must be clarified that a number of famous Chinese scholars, like, Guo Jiaxing, Tian Maiju, Xu Benli, Dong Guozhen and so on have made great positive contributions to important theoretical issues of discipline construction, like the discipline’s system, structure, and contents, whose research results not only promote the discipline development of *Theories of Sports Training*, but also enrich theoretical system of *Theories of Sports Training* discipline in the world.

The importance of *Theories of Sports Training* discipline is determined by its nature, contents, features and functions. According to the specification of the 1990 version’s general teaching material, the study objects of *Theories of Sports Training* are quite different from those of specific sports training, is a comprehensive applied discipline which studies and elaborates the general law of the sports training process [2]. It is obvious that the study objects of *Theories of Sports Training* are the general laws and methods in the sports training process. Its main contents are sports training purposes, missions, features; the adaptive process of sports training; sports training principles and methods; competitive ability training; the controlling, organization and construction of sports training process, the ideological and political education of coaches and athletes. *Theories of Sports Training* discipline is breeding by the summarization and sublimation of the successful experience of each specific training practice, is born out of the comprehension and generalization of each specific training practical theory and method, develops through the reference and application of a large number research results of human biology, natural science, social science and humanity. The role of *Theories of Sports Training* discipline is to provide scientific training theories and methods with universal meanings. One thing should be highlighted that with the rapid development of modern competitive sports and with the deepening studies of sports training theories, *Theories of*
Sports Training discipline is at the stage of higher integration and deeper differentiation, and its discipline denotation and connotation are at the historical period of relative expansion or concentration.

The establishment and development of each theoretical discipline must be guided under the instruction of philosophy, and should abide the basic principles of scientific epistemology and practice theory. Up to now, sports training should not stay at its original understanding and research results if it needs to further develop and further reveal the objective laws in sports training. So, it is necessary to critically think and discuss the methodological problems in the sports training studies.

Research Objects and Methods

Research Objects

Methodological speculation on disciplinary research fields of Theories of Sports Training from the philosophical perspective.

Research Methods

Literature Data Method. In the research process, 56 journal papers and 28 books at home and abroad related to sports training are referred to.

Experts Investigation Method. Before establishing the research method, 24 experts and scholars with a degree of above associate professor involving in the teaching and studying of sports training are interviewed on the topic of the methodology of disciplinary research fields of theories of sports training.

Logical Analysis Method. In the research process, analogy, induction, and deductive synthesis method are adopted to handle various materials logically.

Results and Analyses

Methodological Thinking of Training Theories and Training Practice in Theories of Sports Training Discipline

Marxist philosophy is the generation and summarization of natural knowledge, social knowledge and thinking knowledge. It studies the university of contradiction, so it plays a role in the outlook and methodology of each science. Therefore, university, generalization and abstraction are the fundamental features of Marxist philosophy. “Theory originates from practice and in return guides practice. The origination and development of sports training theory can not be separated from sports training practice. Chinese early sports training mainly developed by introducing foreign theories as its main content. For example, the former Soviet Union’s expert Matwejew’s sports training period problems are the original version of training periodization, and Chinese sports scholars started this research at an early time. For example, the two forms: the single period and double period are universally used in Chinese track and field training for competitions. One of the features of modern competitive events is that is not affected by seasons, weather and courts condition, and the competition can even be carried out in a severe winter. The number of competitive competition multiplies, for example, sprinting, jumping, throwing and middle distance running in the track and field competition can be carried out more than 50 times a year, the long distance running more than 20 times a year. The original period classifying method obviously can not meet the needs of modern track and field competitions, so comes the multiperiod training theory.

Generally speaking, sports training theory can be described in the vertical and horizontal dimension separately. From the horizontal perspective, sports training theory system mainly includes sports training principles, sports training contents, sports training methods, sports training arrangement, and load of sports training these five aspects. From the vertical perspective, sports training theory system mainly includes general sports training theory, event-group training theory and specific training theory these 3 aspects. Sports training theory which applies to all sports events is called general sports training theory (here all sounds too absolute, and there is no absolute thing.
in the world); sports training theory which applies to parts of sports theory is called event-group training theory; Sports training theory which applies to one specific sports event is called specific sports training theory. The key point of constructing this three-level theoretical system lies in the proposition and establishment of event-group training theory.

Event-group training theory’ proposition has been taken seriously in sports circles, and has been constantly developed and perfected. The establishment of event-group training theory has great effect on the Chinese competitive sports practice, and at the same time promotes the traditional sports training theory into a brand-new level. But, this cannot be achieved without the macro guidance of philosophy.

At present, coaches must be stimulated to summarize and generalize the regularities in the sports trainings and competitions, which is an important aspect to solve the problem that sports training is badly separated from sports practice. Meanwhile, sports theoretical scholars should go deep into sports team to figure out correct experience and laws and should deal well with the relation between the theory and the practice.

Methodological Thinking of the Core Issues and Vertical Development in Theories of Sports Training Discipline

From 1950s, lots of Chinese sports scholars, teachers, and coaches have published and have written a large number of papers, monographs, textbooks and have investigated tons of scientific research subjects, from the perspective of athletes' selecting to physical load assessment, from sports technique development to specific physical training methods, from annual training to athletes’ individual training. However, the core issue of scientific training hasn’t been fully highlighted and resolved, and there is no clear distinction between scientific training and scientization of training.

Generally speaking, the core issue of sports training is the load problems of sports training, as well as issues deriving from this, such as, the determination of the specific training contents, the arrangement and regulation of training process, the application of concrete means and methods to various trainings. The investigation of such issues will directly make the training process scientific, and directly servers to promote athletes’ performance. It can be seen that studies of these issues in China are more or less at the relative generic state, there being no research from theory to substantive content, let alone researches from macroscopic researches to microscopic researches. Compared with American and Germany researchers’ researches, the theoretical researches of sports training in China not only differ in personal quality and time, but also have shortcomings in the understanding of core and frontier issues. Now the core issues of sports training theory must be grasped in China to make the research of sports training theory promoted into a deeper level.

Methodological Thinking of Multidisciplinary Collaboration in Theories of Sports Training Discipline

Sports training is an interdiscipline, using the basic principles of other disciplines, generalizes and summarizes the objective laws in sports training, explains the phenomena in sports training. The objects of sports training are human, and complexity of human determines complexity of training process. The revealing of sports training laws process is actually the revealing of human organisms’ change under the effect of training to a considerable part. Human’s behavior is full of purposes, which is carried out and processed to achieve the corresponding purposes. However, in the practical activities, Human’s behavior is always limited by specific microscopic things, which eventually lead to the deviation of the ultimate direction. Therefore, only relying on the combination of words, innovation of nouns, change of sentences is no use for the development of sports training theory, and will only artificially add complexity or interference to the current researches. Multidisciplinary collaborations and coordination require that researchers should have a more comprehensive knowledge and higher research capacity, the more important one, the assurance of controlling the sports training process. Only the full collaboration and coordination with other disciplines can sports training achieve effective, scientific and persuasive research results to make it a new breakthrough.
Methodological Thinking of Terms’ Specification and Concepts’ Definition in Theories of Sports Training Discipline

Whether terms and concepts in sports training researches are accurate in specification is up to theoretical researchers’ comprehensive degree and depth of researches. Terms should be specified, for terms’ specification and concepts’ definition are the basic guarantee for sports training researches. Many concepts in sports training researches haven’t gone through a long time test and multidisciplinary verification (there is no parent discipline in sports science, so most of sports science disciplines’ definitions should be further scrutinized/polished). Concepts should be defined from the two aspects of connotation and denotation.

For example, how to standardize and unify the theoretical terms and definitions in Theories of Sports Training to make theoretical research achievements more logical and sharing; how to construct and define the theoretical framework and its hierarchy of Theories of Sports Training discipline to make theoretical research achievements have more relevance and systematicness. Because the selection and scientific definition of basic concepts is a very important basic theoretical construction in a disciplinary theoretical system (notes: most terms’ definition in sports disciplines should learn and draw lessons from practice and experience of science disciplines, and should stand the time scrutiny). But, Chinese sports training field hasn’t done this work systematically, and there are many obvious and logical flaws in many terms’ definitions. Tian Maijiu and other 17 sports training scholars have combed the general concepts systematically in sports training, from which 190 words have been chosen as the basic concepts and their interpretations have been compiled respectively [3]. It is noted that there are two most appearing logical errors when the previous scholars explaining these concepts. One is that these concepts are classified into an improper category. The other is that some undue expectations are put forward. The authors of Conceptual Interpretation of Sports Training Terms have amended about one third of the word entries, and at the same time have given the half undefined word entries brand new definitions, which make the specification of an important basic definition in basic conceptual system of sports training complete. This all benefits from the methodological guidance in philosophy. There are many means and methods to each specific research object in the process of sports training, but none can do without basic principles of methodology.

Methodological Thinking of More Philosophical Guidance to Meet the Needs of Innovation in Sports Training Research Field

With mathematics thinking methods and the concept of “group”, on the basis of research fields covered by theoretical researches, Tian Maijiu has divided sports training theory into these three levels, that is general sports training theory, even-group training theory and specific sports training theory[4]. It generally refers to general training theory when sports training is discussed beyond the scope of specific events, which elaborates the commonalities and universities of theoretical system in sports training’s basic theory and in the training process. Sports training theory and specific training theory are closely related. General sports training originates form specific training and is based on it, summarizes universal and practical and applicable common laws and makes them ascend to a theory with general guidance meaning to different sports events in sports training activities. The proposition and establishment of even-group training theory sets up a communicative bridge between general sports training theory and specific sports training theory. It is an extension of general training theory and an expansion of specific sports training [5], whose essence is the methodological application of philosophical relation between university and particularity.

Conclusion and Suggestions

Conclusion

(1) To handle the relation between sports training and sports practice is the primary issue in the methodological researches of theories of sports training.
(2) To get a new expansion, key issues, vertical and horizontal developing issues in sports
training must be taken into consideration and be handled in the methodological researches of theories of sports training.

(3) To get a new breakthrough, the collaboration and cooperation between sports training discipline and other disciplines should be paid attention to in the methodological researches of theories of sports training.

(4) To deal with the specification of terms and unification of definitions in *Theories of Sports Training* is the core issue in the methodological researches of theories of sports training.

(5) To innovate sports training research fields in the theories of sports training, there needs more philosophical and methodological guidance.

**Suggestions**

With hot, difficult and key issues originating from sports training disciplinary filed, main research purposes and research tasks, if there is no the philosophical instruction and the latest methodological tool guidance through drawing lessons from other disciplines, the further development of sports training discipline will be badly limited from the theoretical level and practical level.

**References**


