

Study on the Development of Miniature Triathlon in Colleges and Universities

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ABSTRACT

The construction of sports culture in most colleges and universities in China has been plagued by problems for a long time. This paper analyzes the existing problems among students, teachers and sports administrators by analyzing the current situation of school sports and students' sports demands. By analyzing the characteristics of miniature triathlon, this paper explores whether the introduction of this kind of sport can solve the existing problems of school sports, so as to animate the dreary school sports.¹

INTRODUCTION

As early as in 1974, the world's first triathlon competition was successfully held in the United States. Since then, the ironman spirit of challenging nature and surpassing limit always inspired people around the world who have the courage to challenge. So triathlon events started to catch on around the world. Triathlon events in China starts late, but the social benefits of events cater to national fitness needs. Triathlon events the spirit of challenging oneself and pursuing breakthrough of triathlon events matches the thoughts of most young people in China. However, with the present most of the young people gathers in colleges and universities in our country, therefore, it is possible to carry out triathlon in colleges and universities. At present, in China, the development of the triathlon is still in the exploratory stage,

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and it is even less common on campus. Therefore, there are so many problems that relevant studies are urgently needed.

CURRENT SITUATION OF SCHOOL SPORTS

About Teachers

At present, in China there is a phenomenon in school sports from primary school to university that is, being marginalized? There is a kind of chaos in the whole system of sports, which is that the central government attaches great importance to it and the local government makes short shrift of it. In accordance with the party central committee's promotion of the development of sports as a national strategic level, as well as the goals and requirements of the state council and its subordinate sports related departments, sports should be highly valued by the superiors at this stage, and development potential is supposed to be the greatest. However, all the documents and requirements were issued to local government, and the departments of local government did not pay enough attention to sports to form a perfunctory attitude, so school sports was marginalized. Physical education teachers in grassroots units were lack of the right to speak and got less attention. Finally, physical education teachers changed from the beginning full of passion to make achievements in sports to gradually lose the passion of struggle, thus led to the dreary of school sports.

About Students

School sports in China is reforming all the time. Some places has made some achievements, such as the entering of sports scores into the high school entrance examination results, as well as the entering of sports scores into scores of college entrance examination. Nonetheless, our school sports have not changed much in curriculum. There is a general characteristic among elementary school sports, school sports, and college sports. They just learn about some basic ball, gymnastics, running and jumping events. Students learn these sports events for strengthening fitness and laying the foundation for the future study of college sports. But why do students still learn these basic sports events in colleges and universities? Why do students still can't learn these basic sports events well? Actually a large part of the reason appears in junior high school stage. Through communication with students in public sports in colleges and universities, it is found that the reason why students are still unable and uninterested to participate in basic sports in colleges and universities is that, firstly even though students learn these basic sports events all the time, they learn same motor skills all the time, so that students get tired in heart. Secondly, physical education curriculum in junior high school is not rigorous, and teaching is relatively loose. Teachers generally have a loose idea of "two balls for one teacher, both students and teachers to be free", so as to relax the requirements for students,

and finally, students have thought physical education class as a class for entertainment. Students have spent more than ten years learning repetitive contents in one event. As a result, they are not interested in the same sports classes offered by colleges and universities. Physical education class becomes a class just for fun and credits.

About Management and Organization

In China, besides professional sports institutions, there are also some colleges and universities that attach great importance to the development of sports, but most of comprehensive colleges and universities do not pay enough attention to sports. For the development of sports in colleges and universities, we can get some information through school sports games. In sports games organized by non-professional colleges and universities, sports shows a spindle-shaped development. In the national college sports competition, those who have achieved good results are either the nationally renowned universities with balanced development, or the ordinary colleges or universities that are famous for taking sports as an opportunity. However, the development of those universities that have ordinary popularity is also relatively ordinary. They put a lot of money and manpower into other professional fields. The development of a professional field can't leave the support of managers, and the development of a school depends on the development cooperation of each field. Many leaders have accepted it is a truth that sports is a marginalized discipline. The effects and benefits of sports development on a school can be easily achieved. But compared with other fields, sports has a limited depth of development for a school. This is also an important reason why many managers are reluctant to spend too much money, resources and energy. In addition, the imperfection of college physical education curriculum leads to the marginalization of sports in the mind of organizers. Therefore, sports cannot be fully developed and supported in colleges and universities.

SPORTS NEEDS OF COLLEGE STUDENTS

Physiological Needs

After college entrance examination, for college students, college life is free from the depression and tension of middle school, and more freedom in life and study. There are too many temptation factors in life, and living environment is comfortable, therefore, the life rhythm of most college students is slowly disturbed. They begin to evade their studies and be addicted to the internet. They abandon regular three meals a day and stick to one meal a day. In college years, they like sitting and lying more than running and jumping, so their weight goes up, but physique goes down. It can be seen from the annual physical fitness test of college students that a large part of them begin to be sub-healthy in a comfortable living environment. Therefore, the

physiological needs of college students come first, which are to change their physical condition through sports.

Psychological Needs

It is true that there is no pressure of study and life from the surface since students enter college, but there is no reduction in psychological pressure. Without the pressure of study and life, there is more pressure of employment and survival. Such pressure comes not from study, nor from external matters, but from the natural environment. Under such psychological pressure, it is easy for students to fail to release pressure properly and start to give up themselves. It shows the indulgence of life, the abandonment of study, the infinite remorse and blame of psychology. Therefore, students need to release endless psychological pressure through running or any confrontation of sports. They need to have a new understanding of their own life path, and reshape the view of health, study and life.

Personal Mastery Needs

Some studies shows that athletes in different sports have the highest performance from the age of 18 to 25. During this period, people have the best performance and the most passion to fight. The whole physiological and psychological status of college students is in this stage, so they want to challenge themselves, surpass others and surpass nature in sports.

THE ADVANTAGES OF MINIATURE TRIATHLON

Newness

In foreign country, miniature triathlon is designed for non-professionals. Its movement distance is not as long as normal triathlon and it does not need so high demand in sport field. Participants can participate as long as they have basic swimming and cycling skills. The distance and difficulty of intensity set in the miniature triathlon is close but not too much to the physical limit for the average participants. It makes participants can achieve goals but not easily. Therefore, it is very popular among ordinary young people and even elderly people in foreign countries. But in China, there are less people taking the triathlon as a profession. Some provinces may not have professional triathletes . Miniature triathlon for the general public is much less known and understood by society. So miniature triathlon has given a mysterious feeling to our general population. It makes our young students feel curious and fresh.

The Peculiarity of Exercise Mode

In traditional sports, it is often to refine a certain technical action and form a kind of sport, such as running, jumping and throwing in track and field. There are also a kind of sports formed by the combination of technical actions and personnel. Ball games, for example, are sports events that combine multiple technical actions with a specific number of participants. There are few traditional sports that combine multiple individual sports into one sport. The most popular combined sports events in the world are the all-around track and field events and triathlon. Triathlon includes marathon-like long-distance running, graceful long-distance swimming and racing bike competition. The triathlon is made up of the essence of several sports. However, miniature triathlon has changed according to the psychology and physiology of the youth group, which has formed the characteristics of being more interesting, easy to participate and toughening willpower.

THE INFLUENCE OF MINIATURE TRIATHLON ON COLLEGES AND UNIVERSITIES

Influence on Students

After more than ten years' study of regular sports, college students have already suffered from aesthetic fatigue. In this case, fresh, fancy and stimulating sports are undoubtedly what students expect and desire. Only these kinds of sports can students reawaken their desire to participate in sports activities. The miniature triathlon is characterized by stimulation and it is a challenge to one's limit. Miniature triathlon is not popular in China, but it is very popular in foreign countries. It has made students very eager for such sports events. Therefore, it is possible to solve students' aesthetic fatigue of sports by carrying out miniature triathlon in colleges and universities, and stimulate students to participate in sports again and love sports.

Influence on Teachers

Most of the training of physical education teachers in China is aimed at primary and secondary schools or at teaching and arranging some regular sports events. Most physical education teachers have been exposed to every common sport from school days to work. For them, these common sports are familiar with both teaching and training, which leads to the gradual loss of interest in their sports work. In addition, physical education courses in the whole school are relatively marginalized, and the performance of physical education teachers in work cannot be timely recognized by leaders. Therefore, many physical education teachers come up with the idea of slackness, loose and muddling along, which is gradually integrated into the work and formed a cycle in which teachers do not want to teach and students do not want to learn. At this time, teachers and students have much in common. In terms of work

content, for example, they are also tired of teaching content that has been taught for decades. They are also eager to experience new things, try new teaching content or challenge their own limits, and arouse their passion for teaching. How to carry out the miniature triathlon well is a big challenge to them, because most of them have only heard and not really participated in it. This sports event is too new to them. Therefore, how to teach and how to train gives them the challenge they want, and awakens their passion for sports.

Influence on Schools

The changes of the miniature triathlon to the campus will bring changes to students and teachers, and the final impact will be reflected in the sports atmosphere of the school. When the teachers are aroused the inner desire and passion and students are ignited the passion for sports, the whole school sports atmosphere will be better under the effect of word of mouth. The dreary of school will be broken. The topic of health, positivity and struggle will spread indefinitely.

CONCLUSIONS

To sum up, we can change our thinking angle to solve the problems of teachers and students in college sports. On the one hand, through introducing the new miniature triathlon, it can break the esthetic fatigue of teachers and students on sports, reawaken their passion for sports, promote the school sports atmosphere, and solve many difficult students' problems. On the other hand, it can guide students to go to the dormitory to the playground, enhance students' physical condition, make students happy, and meet students' needs for sports.

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