

Analysis of Research Progress in Athletic Training in China in the Past 20 years

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Abstract: This paper analyzes the current situation of China's athletic training research in the 20 years since entering the new century from various angles, mainly including the continuous improvement of the item group training theory, the re-examination of the time factor of athletic training, and paying more attention to the combination of competition and education, etc. At the same time, China's athletic training has been analyzed in the development of the new century, which mainly includes the all-round intervention of modern science and technology, the expansion of the theory of athletic training to the theory of competition, the deeper development of the research of athletic training theory, and the humanistic factors will be more important. At the same time, it analyzes the development of athletic training in China in the new century, including the all-round intervention of modern science and technology, the expansion of athletic training theory to competitive sports theory, the deeper development of athletic training theory, and the more emphasis on humanistic factors.

Keywords: Last 20 years; Athletic Training Science; Progress

Introduction

In the past 20 years, with the continuous improvement of the practice level of sports training in China, there is an urgent need for the guidance of sports training theory to broaden the practitioner's understanding, to promote the enlightenment, reflection and awakening of the practitioner's value, and to further make scientific elaboration of the phenomenon of sports training. So that athletes through the usual scientific training, in the game without losing time to show the most excellent sports performance, in order to achieve the ultimate goal of sports training.

1. Current status of research on athletic training in China

1.1 Continuous Improvement of Item Group Training Theory

Item group theory has gradually become a mainstay in guiding other disciplines forward. It has been more than 30 years since the theory of item group training was proposed. As one of the most widely used training theories nowadays, the concept of "item group" has been widely used in many fields such as sports work, sports teaching, sports training, sports fitness, sports industry, sports management, etc. In the past ten years, the item group theory has penetrated into various disciplines, and has become the scaffolding of many disciplines, guiding the advancement and development of the discipline. It has become a scaffold for many disciplines, guiding the advancement and development of the disciplines. Item group theory plays a great role in the formulation of development strategies for competitive sports, the transplantation and development of sports training methods, and the selection of athletes and the flow of athletic talents. While Xiangqun theory plays a strong radiation function to these fields, it is also in the process of continuous self-improvement. This self-improvement process of the Xiangqun theory reflects the scientific spirit that the theory must keep abreast of the times - a truly scientific theory should be able to maintain the relative stability of the basic theoretical structure, but also be able to change according to the times on specific issues, so as to explain more empirical facts in more dimensions and in a wider scope. This is more conducive to the utilization of methodology in command. This is more conducive to the role of methodology in

command.

1.2 Increased focus on the integration of athletics and education

Looking around the world, the Olympic movement is the representative of the highest form of athletic culture. Looking at the process of the emergence, development and decline of the ancient Olympic Games, we can clearly see that one of the important reasons for its demise is the "alienation" of competition. It is manifested in two aspects^[1]: one is the excessive commercialization and professionalization; the other is the cruelty of means and the weakening of education. The "materialization" of modern athletics is becoming more and more obvious, and the phenomena of black whistle, fake ball, doping, etc. in domestic competitions are endless, which will inevitably lead to the athletes not being able to find their way back to the world and lose themselves. Today's society needs sustainable development, and as the main body of society - people also need sustainable development. Athletes as a complete social person, he can not be a competitive machine, work, social, emotional and so on is also necessary for them, athletes also need to harmonize the development. Therefore, the aim of "nurturing people to win the championship" is the purpose of competitive sports, which can not only resist the excessive "alienation" of competitive sports, but also promote the harmonious development of sports, human and society.

1.3 Revisiting the temporal and spatial factors of athletic training

The temporal and spatial concepts of athletic training are from another perspective to recognize training activities, whose spatial characteristics are mainly the content, methods and means of training, and whose temporal characteristics are mainly the process, cycle and arrangement of training. Sports training from time and space together constitute the system of sports training science. However, previous training theories have obviously neglected its time factor, which is manifested in the lack of time factor support of training theories.

At the beginning of the new century, the textbook of Sports Training published by Higher Education Publishing House has subdivided the original chapter of "Structural Organization and Control of Sports Training Process" into three chapters of "Multi-year Training Plan and Implementation for Athletes", "Annual Training Plan and Implementation for Athletes" and "Weekly Training Plan and Implementation for Athletes". Athletes annual training program and implementation" and "athletes weekly training program and implementation" three chapters, as a college sports professional textbook, its content reform fully demonstrates the development trend of the theory of sports training: pay more attention to the time factor of sports training, sports training time, space The reform of its content fully shows a development trend of sports training theory: paying more attention to the time factor of sports training, integrating the time and space factors of sports training in a synergistic way, so that the time and space characteristics of sports training can be balanced.

2. The development trend of athletic training science in China

The cutting-edge theories of Chinese athletic training originated from the realistic needs of elite athletes' practice, arose from the rapid development of Chinese athletics, and is the result of the integration and cooperation of the theories of many disciplines and the practice of modern science and technology to help^[2]. How to make the development of athletic training science more perfect, practical and scientific is the theme of development^[3], the deepening and development of Chinese athletic training science will probably be from the following aspects:

- The all-round and multi-angle penetration of modern high-tech. Science and technology is the first force for development will be more obvious in the field of athletic training in the 21st century;
- Deepening of athletic training theory towards competitive sports. Competitive sport will become the focus of athletic training research;
- (a) The study of single disciplines will be deepened. Exercise physiology, biochemistry, training and other single disciplines that make up the theory of athletic training will be developed more deeply;
- The human element will be emphasized more. The idea of "winning" will be more balanced with the idea of "humanism" in the development of athletic training theory^[4].

3. Conclusion

(1) In the past 20 years, the achievements in the field of sports training in China have been made by experts and scholars in various fields after long-term, scientific and systematic research, with rich Chinese characteristics, forming a stream of "Chinese flow" in the theoretical research of sports training^[5]. These new research results have been utilized in modern sports training in combination with practice to promote the improvement of China's overall sports level, and have achieved excellent results in international competitions.

(2) China's sports training field there are still obvious deficiencies and defects, many individual and even guiding ideology, training ideas are still along the foreign training theory, which to a large extent limits the advancement of China's training practice.

(3) The research and innovation of sports training theories and methods are also only scientific results in the field of theory, how to apply to actual training and competition is the core issue.

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