

A Contrastive Study on the Sports' Life of Chinese and Foreign Golf Athletes

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Abstract: All along, golfers have the characteristics of long sport life, short career golden period and younger tendency to become famous. In order to cultivate world-class golfers, this paper compares the characteristics of golfers' age distribution, golden professional period and golden professional period length at home and abroad, explores the whole growth factors and growth process, and then puts forward the physical strategies for prolonging golfers' sports life in China. It provides some theoretical reference for training high-quality golfers in China.

1. Research background

1.1 Literature review

In China, golf is not popular and concerned by people. This has something to do with the high consumption of golf and the low recognition of golf (Liu and Yue, 2014). But the fundamental reason is that the overall competitive level of golf in China is low, and the shortage of elite athletes is the fundamental reason why golf is not sought after. The golden period of golf players' competitive level is the golden period of their profession. In this period, the state of golfers is at its peak, which is the best period to break through the existing achievements (He and Tan, 2014). If we want to know what age the golden period of golfers' career is, we need to study the golfers' sports life, training period and the best competitive age. Golf players' sports ability can be divided into development period, growth period, peak period and decline period (He et al., 2014). At each stage, golfers have different abilities and values. The ultimate goal of sports athletes is to achieve good results and bring honor to the motherland and themselves (Xu, 2010). Therefore, only when athletes continue to achieve excellent results during their career can they bring their skills into full play. How to prolong the sports life is also a difficult problem for every athlete. Although the average life expectancy of Chinese athletes is among the top in the world rankings, the life expectancy of Chinese athletes is obviously lower than that of other countries (Wang et al, 2014). To a certain extent, the low sports life of golfers will cause waste of national financial, material and human resources. Therefore, how to prolong the golfer's sports life is a problem that every Chinese sports worker needs to study attentively.

1.2 Purpose of research

Golf has not received enough attention since it was introduced into China in the 20th century. Because of its lack of attention, the development of golf is slow. Golf is very popular in Europe and America, which not only has a high popularity of golf, but also has a perfect training for young athletes. In today's highly competitive international sports, if China's golf performance wants to highlight the international encirclement, it must have a new breakthrough in the training of athletes. In the study of how to train golfers, the age characteristics of golfers are very worthy of in-depth study and exploration. A good golfer needs to be assisted by a perfect training system. Only by orderly and planned training and training of golf athletes can they develop scientifically and help them keep excellent results. Athlete selection and training has always been one of the most important sports in the world. Therefore, sports workers need to constantly explore the law of age structure changes of excellent golfers, so as to help golfers to maintain their sports life to the maximum.

2. Age distribution characteristics of golf athletes abroad

2.1 General characteristics of the golden period of occupation

According to relevant research, there is a difference of about 10 years between professional golfers and famous golfers in foreign countries. The study means that golf professionals have a 10-year incubation period before they become good golfers. The minimum age of career starting point for foreign golfers is 17 years old, the maximum age is 32 years old, and the average age of career starting point is 21.6 years old. This means that many foreign golfers have started their golf career before the age of 21 and started participating in some sports events year by year after systematic training. However, some amateur golfers do not start their formal golf career until they are 32 years old, and they can still achieve excellent results after training and competition (Yin and Wang, 2013).

2.2 Professional golden period length

According to foreign research, the best age for golf elite athletes to become famous is between 20 and 47 years old, with an average age of 31.24 years. So far, the minimum age to become a good golfer is 23 years old, the maximum age is 50 years old, the average age is 35.25 years old. The average length of career golden period is 5.02 years, the minimum value is 1, and the maximum value is 16. This shows that the greatest time difference between the first and last time is 16 years, and the average time difference is 5.02 years. This is enough to show that foreign excellent golfers have the ability to maintain high economic level for a long time. The golden period of golf profession of foreign golfers can be explained that, as long as through scientific training and effective incentives, it is not difficult to extend the golden period of golf profession appropriately (Huang, 2015).

2.3 Overseas golfers are becoming younger and younger when they become famous

In recent years, the average age of foreign elite golfers who turn to profession has dropped from 24.3 to 20.43. Since the popularity of golf, amateur golfers in foreign countries have become more and more young. Athletes competing in golf are becoming younger and younger. Because of the trend of young profession, the age of becoming famous of excellent golfers is getting smaller and smaller. In the 1990s, the average age of becoming famous of excellent golfers was about 32 years old, and the professional age of becoming famous was about 10.3 years old. At present, the average age of becoming famous of foreign excellent golfers has reached 28 years old, and the professional age at the time of becoming famous is about 6.8 years old. The younger and younger age of changing profession and becoming famous also indicates that golfers' sports career can be prolonged.

3. Age distribution characteristics of domestic golf athletes

First, golfers have a shorter golden age. Compared with other sports, golf participants' age and physical fitness requirements are not very high. However, golf is often referred to as the activities of the elderly (Shao et al., 2012) because of its higher requirements for skills, psychological quality and other factors. Generally speaking, the golden period of a golfer's career is relatively short, and the golden period accounts for a relatively small proportion of the golden period's life span. Competition among golfers is fierce. Youth is the most important capital for golfers. If golfers want to enter the forefront of the world, they need to enter the professional period at a younger age. In this way, the time of fame will be greatly reduced, and the possibility of achieving world ranking in the future will be higher. Fully tapping the potential of golfers is also conducive to golfers to maintain high competitive level for a long time.

Secondly, the average age of female golfers is smaller than that of male golfers. In the international community, excellent golfers have obvious regional characteristics. European and American countries have been dominant in the golf field. Australia, South Africa and Japan also have a place in the golf field (Niu and Zhao, 2013). From the age point of view, the age span of the

world's excellent golfers is relatively large. Generally speaking, the average age of male golfers is 32.7 years old, while that of female golfers is about 27.3 years old. Thus, the age change trend of female golfers is more obvious than that of male golfers. There is no direct relationship between the age of golfers and regional factors. Ethnic culture, economic development and social factors have a far-reaching impact on golfers. Compared with the world's golfers, Chinese golfers are generally younger and have great potential for development. Now China has all the prerequisites for training excellent golfers. A stable social environment, abundant sports facilities and mature training mechanism will help the growth of Chinese golfers.

4. The countermeasure of prolonging the sports life of chinese golf athletes

4.1 Strengthening basic training and training athletes' overall training concept

In daily life, golfers should have targeted and purposeful training. The daily basic training of athletes is very important and essential. But in the initial basic training, athletes should have a solid foundation and create a good environment. Compared with some sports powers, most athletes in China have obvious deficiencies in basic training and overall training concept. Therefore, athletes should strengthen basic training and pay attention to basic training when there is no competition in peacetime. In this way, not only can the athlete's own sports life be prolonged, but also the athlete's overall training concept can be strengthened from many aspects. And then train the overall training concept of athletes.

4.2 Changing the conception of early special training and improving the quality of training

In recent years, through the special training of Chinese golfers, it is found that there are some misunderstandings about the early special training of Chinese golfers. For the early special training, there is no deep understanding of the future training of athletes, ignoring the importance of early special training for athletes, and the quality of training is not high enough. As the time for world-class golfers to reach their best competitive age is advanced, their sport life shows that their performance is early, and the phenomenon of late retirement is gradually increasing. Therefore, coaches should pay special attention to the training of athletes in the early training period. To truly understand the early special training correctly, and use scientific training methods, attach importance to the scientific nature of special training, professional special training for Chinese golf athletes. It is not enough to carry out reasonable and effective early specialized training, only rely on intuition to dominate coaches and remote mobilization, in order to complete the whole training process, nor is it scientific and responsible, and has no effect on improving the quality of training. Therefore, we must rely on high-tech, equipment and personnel to participate in the training process, effectively improve the quality of training, which is conducive to prolonging the retirement age of golfers.

4.3 Reasonable construction of training system and full utilization of competition

In China, there are certain institutional advantages in the training and training of traditional athletes. The traditional "one-stop" training mode has certain limitations. Therefore, we should learn to train and train in various ways. In the future, we should focus on the development of golf, as well as a detailed understanding of various golf events and age groups. Fully integrate with China's golf training and training system, make full use of golf events, and be in line with international competitions. Understand other elite athletes in detail and study the professionalization of elite long-term mobilization. If China's golf sport wants to continue to develop, it is necessary to build a reasonable training system, speed up the improvement of the existing golf distant mobilization training system, and find a suitable professional development path for many golfers. In addition, on the basis of improving their own training, golfers should grasp the contact with the outside world during the competition, so as to maximize the leverage of the competition, and really promote each other.

4.4 Strengthen the media power of golf and make more people know golf

The development of golf is inseparable from the power of the media. The power of media is the fundamental guarantee for the development of golf movement. Therefore, in the development of golf hardware conditions at the same time, the construction of golf media publicity can not be ignored. Specifically, we can publicize Golf through TV advertisements, magazine advertisements, Golf grand prix and other channels, so that more people can realize golf, which can also achieve the purpose of disseminating golf. Moreover, to strengthen the publicity and reporting of golf is conducive to enhancing the popularity of golf in people's minds, but people have a better understanding of golf. In addition, it can also publicize excellent athletes and make them realize their own value. It is beneficial for golfers to keep their love for golf and to gain more weight. It is also beneficial for golfers to cultivate their sense of responsibility and mission, and to prolong their sports life.

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