

Application of Incentive Theory in College Students' Track and Field Training

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Abstract: In college track and field training, the application of motivation theory can bring students great self-confidence and a sense of accomplishment, which in turn enables students and even the entire team to conduct track and field training with a positive attitude, fully mobilizing the students' subjective initiative. Therefore, the article summarizes the motivation theory and analyzes the necessity of applying it to track and field sports training in colleges and universities, analyzes the current situation of college students' track and field training, and proposes countermeasures when the motivation theory can be applied to university track and field training.

1. Overview of incentive theory

1.1 Incentive theory concept

Motivation theory is a summary of the principles and methods of how to meet people's various needs and mobilize people's enthusiasm[1]. The purpose of motivation is to stimulate people's correct behavior motivation, mobilize people's enthusiasm and creativity, and give full play to people's intellectual effects. Make the biggest score. In recent years, many management scientists, psychologists and sociologists abroad have put forward many incentive theories and incentive methods in combination with the practice of modern management[2]. The main incentive methods are spiritual incentive, goal incentive and reinforcement incentive method.

1.2 The necessity of using incentive theory

It has been proved by practice that applying motivation theory to college track and field training can achieve better results, so it is imperative. In fact, the motivation theory has a close connection with all of our activities, especially for some purposeful activities and behaviors, which are often realized under the impetus of some kind of motivation. The motivation mentioned here actually comes from human needs or desires, and it is precisely when there is a need that people will have the motivation to move forward, and then produce related actions to meet the demand. It can be said that the greater a person's desire for a certain demand, the higher his enthusiasm for fulfillment, and vice versa. Therefore, to fundamentally improve the enthusiasm of students, we must find the needs of students, judge human behavior through human subjective motivation and needs, and then guide them to a large extent to enhance students' enthusiasm for learning [3]. The birth condition of motivation theory is based on the needs of people, by grasping their psychology and using behavior goals to guide them, so as to achieve the stimulation effect on people. In view of the current problems of track and field training in colleges and universities, the author believes that applying the motivation theory to it will inevitably activate the enthusiasm of student training to a large extent, so as to achieve the goal of improving the problem of low student participation.

2. Current situation of college students' track and field training

2.1 Insufficient coaches

At this stage, many colleges and universities in China have failed to form a perfect coach team

for the development of track and field training. Most of the coaches are still very young, but there are very few experienced and experienced coaches. When carrying out training activities, it is often not possible to have a good grasp of the actual situation of the students. To truly train the students' scientific systems, it usually takes a long period of time, which is not conducive to the rapid growth of students [4].

2.2 Athletes are not motivated to participate

Normally, college students will spend longer time in track and field training, and at the same time, the training plan is often shelved; moreover, many colleges and universities are now investing less in training funds for track and field teams. Therefore, the enthusiasm of college students to participate in track and field training is greatly reduced, which seriously hinders the improvement of the training effect.

2.3 Imperfect track and field teaching system

In reality, different schools often have different recruitment standards for high-level track and field mobilization. Although some athletes have reached the first-level level before college, they still lack super-high-level athletes. At the same time, many college and university track and field athletes are difficult to receive systematic training in universities, and the distribution of track and field events is not reasonable, which mainly focuses on short-span and jumping events, which will seriously hinder college track and field. The development of teaching [5]. In response to these problems, colleges and universities should put forward targeted solutions, and actively apply incentive theory to track and field training to stimulate students' enthusiasm to the greatest extent and promote the improvement of students' comprehensive quality.

3. Incentive theory applied to college students' track and field training strategies

3.1 Athletics training introduces the concept of roles

Analyzing the concept of roles from a sociological point of view, we can know that roles actually refer to the behavioral patterns of a certain situation played by a person in society according to the expectations of themselves and others and the social environment they are in. For the track and field athletes in colleges and universities, their role is actually dual, because in the process of learning in school, they not only have to strive for a greater improvement in their athletic level, but also guarantee themselves. Carry out systematic training strictly in accordance with the relevant regulations of the school and training objectives. According to the concept of motivation role, we can fully introduce motivation theory in college track and field training to stimulate students' training enthusiasm. At the same time, we should make it clear that motivation is an important factor that affects the degree of hard work of students [6]. Therefore, we need to fully apply incentive theory to further optimize student training motivation, thereby enhancing student training motivation. Specifically, it can be accomplished by establishing team goals, so that the role of students is not only a single individual, but the role of a team member, which encourages them to actively integrate personal goals with team goals to fully stimulate their. Inner vitality helps students get better grades.

3.2 Meet the needs and set incentive goals

Generally speaking, the desire of college track and field athletes for training stems from their demand for a certain real thing. Therefore, as track and field teachers in colleges and universities, they should actively explore their actual needs, so as to give them a certain satisfaction within a scientific and reasonable range. I believe that this will further stimulate their training enthusiasm

and help them develop a sense of conscious training. At the same time, good results can also be achieved by setting incentive targets. It is worth noting that the establishment of incentive goals should pay attention to the double consideration of students' physical and mental factors, so that college students can correctly recognize the way of obtaining benefits [7]. Specifically, it focuses on mastering the degree of setting motivational goals. If the goals set are too difficult, it will inevitably frustrate the students' self-confidence; but if the goals set are too simple, it will inevitably fail to really stimulate the enthusiasm of the students for training. Therefore, the setting of incentive goals must be in line with actual life, and the establishment of unbiased incentive goals can truly meet the motivation needs of students, thereby helping the full play of the incentive effect in college track and field training, prompting students to take the initiative to complete the goals And strive to devote to track and field training.

3.3 Develop scientific joint training methods

Scientific training method is an important factor to promote the application of motivation theory. Therefore, in the actual track and field training process, teachers must fully understand the physical and mental needs of students, and apply corresponding training methods according to the different physical and mental needs of students, so that students can be fully involved in track and field training. For some students with special needs, teachers should adopt targeted incentives to mobilize this part of the students' training enthusiasm.[8] For example, if the training goal of some students is to enter the national track and field team, then teachers can increase the difficulty of training appropriately to meet the target needs of students and help students better understand the level required to enter the national team, thereby further inspiring students Training enthusiasm. In addition, some students' training goal may only be to exercise, then teachers can introduce some training content to shape the body, so as to meet the needs of these students.

3.4 Aiming at adopting spiritual motivation

Spiritual motivation is one of the most important contents in motivation theory, and it has a very prominent role. Spiritual motivation can fully mobilize students' internal potential, cater to students' internal needs, and enable students to form a motivation to complete tasks. The purpose of motivation is to enable students to better realize their potential. In the face of this need, the athletic ability of college students must be fully explored. In college athletics, spiritual motivation mainly starts from three angles, including respect, honor, and emotion.

First, respect the level. It means that when teachers carry out track and field training, in addition to paying attention to basic track and field training education, they should also pay attention to the imparting of track and field skills and the respect of students and students. Eliminate the unacceptable and unacceptable attitude of college students to track and field practice. To enable students to reap psychological satisfaction from sports.

Second, the honor level. Refers to the use of spiritual incentives to make students work hard for certain internal spiritual needs. Common methods include honor certificates, trophies, and certificates of merit. College track and field sports can be replaced with gifts, so that students have a enthusiasm for obtaining honor, and then actively participate in track and field exercises to improve student sports performance.

Third, the emotional level. Refers to the connection between education and students through appropriate forms. Teachers should provide timely guidance and help for students' problems in track and field exercises. Especially when the student has physical discomfort or injury, the teacher should promptly help the student feel the concern from the teacher. Close the relationship between teachers and students and the spiritual distance, so that students will have a sense of trust and

identification with teachers, so as to actively cooperate with teachers in track and field exercises

4.Conclusion

The application of motivation theory in college track and field practice can effectively improve students' training achievements and help college students obtain better physical fitness. As students continue to gain new grades and sense of accomplishment, the training effect of college students will continue to improve.

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