

Study on the Evolution of the Hot Spots in the Study of Physical Education and Training in China

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Abstract: Physical education and training is a combination of physical education theory and method and sports training in 1997. Its basic task is to guide the organization and implementation of the technical and tactical learning and teaching and training processes of various sports. After the founding of New China, the research hotspot has always relied on the politicization orientation, involving school sports, sports training, physical education and scientific research. The focus is more detailed from macro to micro, combining theoretical research with practical applications. Cultural education is highly popular and wide-ranging in order to improve the overall cultural level.

1. Introduction

Physical Education and Training is a discipline that studies the general laws of physical education and sports training in the field of physical education [1]. It is an important sub-discipline in the discipline system of physical education. Its research focuses on the basic sports fields of physical education and sports training, and covers almost all sports [2]. As a secondary subject, physical education and training is a further division of the field of physical education research, and it is also the “mother discipline” of its three-level disciplines. It plays a guiding and normative role in the research of its three-level disciplines [3]. The establishment of physical education training as a discipline has basically taken shape, but both classic and emerging disciplines face the task of non-intermittent discipline construction. In fact, no discipline can be fully mature. The discipline has always been in a process [4]. After the institutionalization of disciplines, discipline construction will be the eternal theme in the development of disciplines [5]. Since the external standards of physical education and training have gradually formed, there is no comprehensive and systematic research results in the discipline of physical education and training.

China's sports training theory system can be constructed differently from the horizontal and vertical dimensions [6]. From the horizontal perspective, it mainly includes the purpose of sports training, the principle of sports training, the participants of sports training, the influence of sports training, the content of sports training, the method of sports training, the organization and control of sports training, and the effect of sports training. From the vertical perspective, it includes three levels: general training theory, item group training theory and special training theory [7, 8].

As a higher education in China's physical education system, physical education training is not only to train excellent sports talents, but also to shoulder the glorious task of enhancing China's overall national strength [9]. In 1997, the State Council promulgated the Catalogue of Disciplinary Programs for Granting Doctoral Degrees and Training, which pointed out that physical education training is regarded as an educational discipline and is divided into physical education training, humanities sports sociology, and national traditional sports.

2. Characteristics of physical education training research

China's training system is divided into primary training form, intermediate training form and advanced training system, as shown in Figure 1.

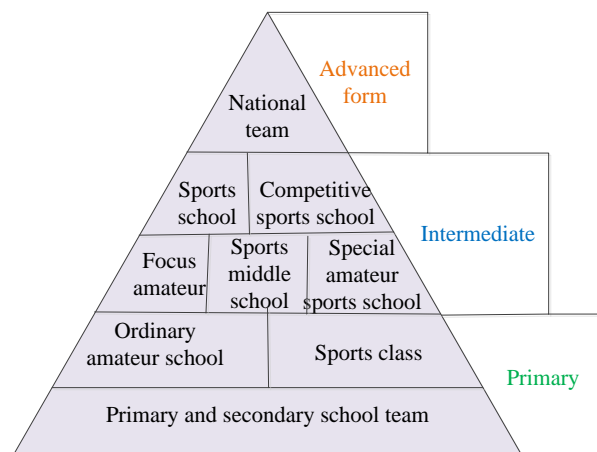


Figure 1 China Sports Training Organization System

Physical education is the study of the basic laws and scientific methods in the whole process of physical education. Studying how the laws of physical education occur is reflected in the cultivation of physical education functions. Starting from the current situation of society and the needs of development, based on the basic principles of education, it is closely related to the theoretical experience of psychology. And based on epistemology as a theoretical basis to predict its development trend. The essence of physical education refers to the inherent essential attributes of physical education. It is a theoretical issue of the first study of physical education and a sign of the scientific modernization of physical education. People have gradually realized that sports disciplines have many values for human development. On the one hand, it is reflected in the changes in body shape and function, on the other hand, it is reflected in the changes in sports consciousness and behavior. Under the development of China's increasingly prosperous and strong, the Physical Education and Training Institute has developed a new connotation at any time.

The development of physical education and training in China is becoming more and more mature at any time. Whether it is from the arrangement of the education system or the direction of talent cultivation, it has shown remarkable results. Of course, with the continuous advancement of social civilization and the continuous development of people's quality, the demand for high-level talents will be higher and higher, and the level will be higher and higher. The first aspect of the theoretical film assessment content of physical education training has the analysis and evaluation of China's current sports concept; the second part is the relationship between the various attributes of sports and the nature of sports. The assessment requires understanding the evolution of the concept of sports, mastering the basic concepts of sports and the classification of sports concepts, and clarifying the knowledge of the nature of sports. It is required to understand the nature and internal laws of sports, master the level and characteristics of the physical education process, and clarify the main differences between the physical education process and other teaching processes. The content of the assessment consists of the methods and means of sports training and its role, and the innovative approach to sports training methods.

3. Research hotspots and trends in physical education and training

By reading the literature and searching the related physical education and training literatures, the keywords with relatively high frequency are counted, and 9 keywords of "basic theory" are designed. The results are shown in Table 1.

It can be seen from Table 1 that the number of papers in physical education is the largest, with 11,789 in 5 years, followed by more than 3,000 training methods, physical education, and sports training. The number of papers in sports performance and training programs is also compared. There are 2,496 articles and 1,800 articles, respectively, and the number of referee methods, sports selection materials and training evaluations is relatively small. Through a comprehensive analysis of the total number of keywords in Table 23, it can be seen that the articles on physical education, training

methods, physical education, and sports training are the Keywords, accounting for 84.9% of the basic theory of physical education and training. It can be clearly seen from the above data that the research on physical education is a hot topic in the research hotspot of physical education training. It is the main research of physical education training with the research of training methods, physical education and sports training. content.

Table 1 Results of the basic theory papers of physical education and training

Sequence	Keywords	2014	2015	2016	2017	2018
1	Physical education	1699	2102	2687	2689	2895
2	Training method	632	689	942	1202	1102
3	Physical education	650	732	925	1203	4487
4	Sports Training	632	685	832	874	897
5	Sports performance	398	540	531	569	584
6	Training plan	265	340	387	391	493
7	Referee method	10	9	11	18	9
8	Sports material selection	14	6	6	12	9
9	Training evaluation	1	5	1	6	2

In addition, Table 1 shows that the number of papers in the top six keywords has been increasing with the increase of the year. The plan will be the hotspot and trend of future research in the field of physical education training research.

The keywords for physical education and sports training are designed to be searched separately, as shown in Table 2 and Table 3.

Table 2 Keywords and statistics of sports teaching papers

Sequence	Keywords	2014	2015	2016	2017	2018
1	Physical education reform	51	37	52	46	55
2	Physical education ability	14	15	21	12	26
3	Physical education major	15	13	21	9	15
4	Physical education thought	15	8	8	9	11
5	Physical education theory	7	7	8	9	8
6	Physical education content	1	1	7	2	2

It can be seen from Table 2 that the number of papers related to physical education reform is far ahead, with a total of 233 papers, followed by physical education and physical education, accounting for 49.2%, 17.3% and 14.3% of the total number of papers in physical education, respectively. 80.8% of the papers on physical education can be concluded that the research on physical education reform,

physical education ability and physical education major is a research hotspot in physical education research. The number of papers with the Keywords of “Sports Education Reform” and “Physical Education Ability” has shown an overall increase in these five years. Therefore, physical education reform and physical education ability will be the hotspots and trends of future research in the field of physical education.

Table 3 Sports training papers keyword statistics results

Sequence	Keywords	2014	2015	2016	2017	2018
1	Sports training ability	17	13	19	27	36
2	Sports training theory	12	4	34	36	20
3	Sports training method	13	14	16	11	15
4	Sports training management	16	12	12	14	11
5	Sports training	15	6	6	7	5
6	Sports training principle	8	7	5	8	9
7	Sports training evaluation	4	4	3	8	6
8	Sports training program	1	1	2	3	3
9	Sports training system	2	3	2	2	4

It can be seen from Table 3 that there are 105 papers on sports training ability, followed by sports training theory, sports training method and sports training management, accounting for 26.9%, 18.2%, 16.4% of sports training papers, respectively. 15.4%, accounting for 76.9% of sports training papers, it can be concluded that sports training ability, sports training theory, sports training method and sports training management direction are the main hotspots of sports training research. The number of papers with the words “sports training ability” and “sports training theory” as the Keywords has increased in the past five years. It can be concluded that the research on sports training ability and the theoretical direction of sports training will be sports training. This is a hot spot and trend in future research in this field.

4. Conclusion

With the advent of the 21st century, competition among major powers has intensified. From the four aspects of politics, economy, military and culture, the importance of culture has greatly increased. Culture is an indispensable part of the so-called comprehensive national strength. It is essentially the competition between science and technology and the quality of the nation. It seems that the importance of culture is self-evident. Cultural education is highly popular and wide-ranging in order to improve the overall cultural level. Although the current research and development of

physical education and training have achieved certain results, the level of discipline construction has been relatively mature, but in general, the research and construction of physical education and training in China started relatively late, and the overall discipline construction still has many deficiencies that need to continue to improve and develop.

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