Discussion and Analysis of the Problems in the Physical Fitness Training of Competitive Sports

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Abstract: With the success of the Olympic Games, China's competitive sports also demonstrated its own strength in the world. However, there are some problems in sports training after this prosperity. Based on this, based on the analysis of several common problems in competitive sports training in China in the new era, this study puts forward corresponding countermeasures, in order to play an important role in the healthy and sustainable development of competitive sports, and promote the better sports in China. development of.

1. Introduction

With the advancement and development of modern scientific theories, the methods and techniques of competitive sports training are constantly updated, and the degree of scientific training of athletes in the world is gradually deepening. Coupled with the improvement of the level of social information, the transformation of information dissemination and the speed of information dissemination, the competitive sports training methods and content between different regions of the world can better learn from each other, and inject new vitality into the skills training of athletes in various countries. In order to continuously rewrite athletes' performance, a world record has been continuously refreshed.

2. Development trend of physical training for modern competitive sports athletes

The scientific training of physical fitness refers to the application of scientific theories and methods and scientific and technological achievements in the whole process of athletes' physical training, to achieve the effective training of quantitative and scientific standards of physical training. Specifically, coaches and other support personnel with high scientific and cultural qualities are guided by scientific theories, develop scientific training plans, widely use scientific and technological achievements, and adopt advanced techniques and scientific training methods and methods to the whole process of training is implemented with the best control, so as to effectively improve the athlete's physical fitness level, achieve the desired training effect and good sports performance. For example, using various instruments to test the athlete's functional status and sports quality level; using subcellular theory and physiological ultra-micro muscle structure theory to analyze the muscle metabolism and energy characteristics and the involvement of scientific research institutions or researchers in the training process, etc. The understanding and understanding of the project characteristics, so as to design the training methods and means similar to or consistent with the special actions in terms of energy supply mode, action structure, muscle force characteristics, motion amplitude and speed, monitoring of the physical training process and athlete level Control and assessment is more accurate and objective; use computer to acquire, store, process, transmit and master various information about physical training, effectively control load and load intensity, establish exercise load monitoring system, use scientific and quantitative methods And indicators to optimize the entire training process; multimedia technology, intelligent physical training equipment, etc. make the adjustment and control of the entire sports training system more accurate.

The traditional annual training of competitive sports is basically a two-cycle basic model, which is mainly based on two major competitions in the first half of the year. With the deepening of social

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and economic development, sports commercialization and professionalism, the increase of commercial competitions, various grand prix races, leagues, etc., combined with the high appearance fees of major competitions, etc., many athletes must remain relatively throughout the year. The high level of competition, the concept of the training cycle is updated, resulting in a multi-cycle theory of training throughout the year. The traditional annual two-cycle training mode has been broken, and high-level athletes have adopted a multi-cycle training mode. During the preparation period, the general physical training time and content are reduced, and the special physical training component is increased; the training load is further increased, and the special intensity is highlighted. The number of competitions in the whole year has increased significantly, and there has been a trend of development in the competition. The main performances are as follows: The training time is shorter during the preparation period, the time is also advanced, the proportion of general training is reduced, and the proportion of special training is increased; the competition period is greatly extended; the training is generally small in weeks or 10 days. Cycles, and participate in quizzes and competitions at the end of the small cycle; the combination of competitions, competitions, etc., so that the world's high-level athletes show a strong special ability in the competition, and can be in a series of short-term competitions. Continuously create high levels of athletic performance. At present, many athletics countries have started indoor competitions in January, and they have gone outside in April, and they are not coming to an end until October. Therefore, the increase in competition is a major trend in the development of modern athletics. With the further development of science and technology, it has been able to minimize the impact of climate in winter and summer on training, which provides good objective conditions for the multi-cycle of physical training.

3. Common problems in competitive sports training in China

At present, the various scientific theories that China has mastered and applied in competitive sports training are not clear enough. There is a lack of comprehensive multidisciplinary research on athletes' physical fitness. The theory and practice system of different groups and project physical training have not yet been established. A lot of research on competitive sports training focuses on the study of physical fitness as the whole object, but the research on the impact of athletes' special performance from the overall perspective is relatively small. Generally, the analysis is based on the microscopic perspective, and more attention is paid to the specific indicators. Completion, which mainly studies the differences or characteristics of certain indicators among athletes, but does not quantify the relationship between these indicators and athletes’ special sports performance, especially when facing some high-level athletes. Their physical indicators, physical structure models and physical system impact mechanisms are not clearly defined from a theoretical perspective.

The lack of a laboratory or training center for competitive sports training research is an important factor restricting the development of competitive sports in China. After the successful bid for Beijing Olympics in 2008, in order to accelerate the reform of China's competitive sports training, the State Sports General Administration and the Ministry of Science and Technology jointly invested in the establishment of a physical fitness training center at Beijing Sports University. However, due to the excessive attention paid to the athlete's physical fitness test during the construction and application process, the physical training laboratory lacks research on physical fitness training, and faces serious obstacles in the construction process. In addition, the former PLA Sports Academy also has a competitive training center, which focuses on the athletes' lung function research in the economic training center, while ignoring the athletes' strength training. It can be seen that the solution to the problem of the construction of competitive sports training laboratories will certainly make outstanding contributions to the progress of competitive sports in China.

In the initial stage of athletes receiving competitive training, if they do not master the basic training and sports skills, they will be over-specialized training, and the proportion of special training will be increased. At the same time, ignoring the athletes' special ability training in the high-level stage of competitive training, but increasing the intensity of general ability training, it

will also limit the potential of the athletes. The special physical fitness level will not be improved for a long time, and even there may be a retrogression. . This is actually the common dislocation phenomenon of general physical fitness and special physical fitness training in China's competitive sports training. This phenomenon destroys the systematic principle of training and does not conform to the physiological development law of the human body, hindering the progress of athletes.

The coaching composition of competitive sports training in China lacks the comprehensiveness and integration of disciplines. Many coaches are only skilled in the theoretical knowledge related to a certain competitive training, and can not comprehensively apply the comprehensive knowledge of various disciplines required in the competitive training process. It is obviously not in line with the training requirements of modern competitive sports athletes. Specifically, most of the competitive sports training coaches in China are deployed from track and field coaches, but in the United States, their competitive sports training coaches are from exercise physiology, sports medicine, sports anatomy, physical therapy, Multidisciplinary professionals such as sports psychology. It can be seen that the current team of competitive sports training coaches in China is not conducive to the development and progress of competitive sports training.

4. Analysis on the Countermeasures of Competitive Sports Training in China

The physical structure of athletes is mainly related to physiology, body shape and sports quality. Subdividing them is also affected by various subtle indicators. These indicators are mainly used to specifically reflect the athlete's state of certain aspects, and ultimately Integrate different indicators to reflect the overall situation of athletes in competitive sports training. Therefore, the author believes that in view of the current theoretical shortcomings of competitive sports training in China, it is necessary to improve the theory of competitive sports training, mainly to achieve the following three points: First, the classification of athletes' physical fitness; Second, on the basis of classification research Further analysis of the athletes' physical performance level comprehensive performance indicators; Third, from the athlete's overall competitive ability structure to the athletes' physical performance, to establish a theoretical and practical system for different groups and project physical training.

Strengthen the construction of competitive sports laboratories. According to the problems existing in the construction of China's competitive sports laboratory, the author believes that it is imperative to do the following three points: First, based on advanced scientific theory, the laboratory construction, according to the actual needs of competitive sports training, the specific layout, and purchase The corresponding training facilities; Second, attach great importance to strength training, layout of strength training according to the needs of different sports items; Third, increase the training of competitive sports coaches, require them to obtain the qualification certification of the Physical Fitness Association, and introduce Western competitive sports training. Theory, and improve the competitive sports training materials in China, to achieve the combination of theory and practice in the training process.

Correct understanding of general physical fitness and special physical fitness training process. In the initial stage of training and the high level training stage, the dislocation of general physical fitness and special physical training is not conducive to the exploration of athletes' potential. It destroys the systematic principle of training and is inconsistent with the physiological development of human body. Therefore, we should correctly understand the general physical fitness and the special physical training process, and arrange appropriate training content in the appropriate training phase, especially the high-level training phase. Since the 1990s, foreign countries have attached great importance to the training of high-level athletes. When athletes enter the high-level stage of competitive training, their plasticity will gradually decrease, and the level of special level will be slower than before. At this time, they need to be personalized and high-intensity training to break through the status quo, so that they can gather The various abilities in the body of the body form a stimulus to the body in terms of physical, psychological, technical and tactical aspects, so that the athlete's special ability is effectively developed.

Optimize the team of competitive sports coaches. The lack of understanding of physical fitness

and physical training by domestic competitive sports coaches has seriously hindered the development and progress of competitive sports. Physical knowledge is not only related to athletes' cardiopulmonary function, but more importantly related to the acquisition and formation of strength. Physical training is not just the endurance exercise we understand. Its essence and core lies in the strength training related to special techniques, because muscle contraction is various. The basic premise of the realization of sports technology movements. Moreover, physical training can also prevent some physical diseases, such as stretching training and strength training of small muscle groups can play an important role in preventing injuries. In addition, studies have shown that after athletes enter the high-level training stage, the rapid strength is mainly affected by three factors, namely the ability of muscle recruitment, the frequency of nerve impulses and the cooperation between muscle groups. The theoretical knowledge of these physical trainings puts higher demands on the professionalism of the coaches. Therefore, the author believes that in the future competitive sports training, coaches should be involved in sports physiology, sports medicine, sports anatomy, sports psychology and other aspects of knowledge, so as to provide more scientific training methods for competitive sports training, improve athletes Train safety index to improve athletes' performance.

5. Conclusion

This study combines the current situation of China's competitive sports training, the limitations of the theoretical study of competitive sports physical training, the construction of competitive sports training laboratories, the dislocation of general physical fitness and special physical fitness training, and the deviation of coaches' understanding of competitive sports training theory knowledge. And the competitive "sports training" heavy "quantity" light "quality" five aspects summed up the main problems faced in China's competitive sports training, and proposed corresponding solutions.

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