

Research on the Management of Track and Field Training in Colleges

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Abstract: after China's Education Department Vigorously Promotes and Promotes Quality Education, College Physical Education Courses Have Become More and More Important. the Establishment of Track and Field Training in Physical Education Courses Not Only Helps Students to Strengthen Their Bodies, But Also Exercises Their Will and Quality. Growth Has Important Impact and Value. At the Current Stage, When Colleges and Universities in China Organize Sports Activities, Track and Field Activities Account for a Relatively High Proportion. the Level of Track and Field Training Directly Affects the Quality of College Physical Education and Can Reflect the Comprehensive Strength of the School. Based on This, This Article Focuses on the Characteristics of Track and Field Training in Colleges and Universities and Measures to Improve the Level of Track and Field Training, and Puts Forward Some Views and Suggestions, Hoping to Provide a Reference for Those in Need.

1. Introduction

As a sacred place for the dissemination of human history and culture, the school is also the forefront of the development of modern culture and modern information. The development of track and field in China has achieved excellent results, and it will inevitably resonate with track and field enthusiasts and student athletes. I want to challenge myself on the track and field and on the competition field to prove my extraordinary athletic ability. As a social and cultural knowledge distribution center, various training modes and training systems flood the campus. Different training teams have different training systems and organizational models. However, as a special place, colleges and universities have their own characteristics and characteristics. The characteristics of students to formulate an effective training system and management model play a key role in the development of college training teams. As an important part of track and field in China, university track and field plays an increasingly important role in training reserve talents for athletics. It has widely launched track and field projects on campus and has become a national strategic base for talent discovery, training, and transportation. Therefore, the organization and management training of college track and field training is an important guarantee to improve the overall level of track and field. At present, many universities in China lack sufficient attention to track and field training. There are many problems in track and field training management. Therefore, it is necessary to manage the track and field training in colleges and universities. We will conduct in-depth analysis and research on the problems, improve the level and quality of track and field training, provide the country with high-quality track and field reserve talents, and promote the continuous development of China's track and field career. To this end, this article takes the organization and management of track and field training for college students as the starting point, analyzes the causes, and puts forward corresponding countermeasures and suggestions for the problems that arise.

2. Characteristics of Track and Field Training in Ordinary Universities

For ordinary college students, the national college entrance examination system does not allow students to participate in competitions regardless of learning, so the technology is comprehensive, and students who have previously practiced track and field and participated in competitions can achieve excellent results. There are only a few track and field team members selected by ordinary colleges and universities. It's just that the physical fitness is relatively good, and some aspects such

as explosive power, speed, and endurance are outstanding. It is basically a zero-based entry, so you must start with the most basic track and field sports technology, and even prepare for activities that requires the coach to do it. Participation in the competition is a long-term systematic project. If you want to achieve good results in a limited time, the coach must redouble his efforts and the team members' unremitting efforts can achieve excellent results.

In ordinary colleges and universities, the sources of athletes' selection are very single and do not have the conditions for extensive selection. Due to the constraints of the college entrance examination policy, students pay attention to the study of cultural courses. Many students with sports talents cannot enter colleges because of poor cultural courses. Therefore, there are very few students with excellent sports skills and sports talents. The students selected for the track and field team are only relatively prominent in their physical fitness. The athletes participating in the selection are basically without foundation. Students mainly focus their time and energy on learning professional knowledge, mainly learning, because of examinations and participation in extracurricular activities. The influence of many factors such as activities and vacations cannot guarantee the continuity and systematicness of training. Compared with professional athletes, track and field athletes in ordinary colleges have limited training time, lack of field facilities, and untrained training. This shows the non-professional nature of ordinary college track and field athletes. Most of the members of college track and field teams are non-sports majors. Their main energy is learning, and sports training is regarded as a hobby. This makes the training of college track and field teams with a non-professional characteristic. It is obviously different from professional and regular sports teams.

Although college students have plenty of time, college students of track and field teams come from different departments. The inconsistency between learning and class time results in inconsistencies in athletes, and simultaneous training cannot be conducted during the training time. Students are on vacation at the same time, there will be suspensions, which will lead to inconsistent and unsystematic training. College students are mainly learning, and they usually use spare time for training. Training can only be done after afternoon and on weekends. This also prevents students from participating in various community activities organized by schools and departments, and cannot guarantee the normal conduct of training. , Resulting in limited training time. Adequate training time and sound sports facilities are the basis and conditions for ensuring regular and efficient sports training. However, due to the limitation of the education and teaching system of colleges and universities and funding conditions, the training time of college athletics teams is limited and the conditions are relatively limited. University students usually stay in school for 3 to 4 years, and can receive up to 10 hours of training per week, and each school year will have a break due to various reasons, which will cause training interruption and limited time, and violate sports Training rules. Most colleges only conduct assault training before the competition. For students without a foundation, they carry out high-strength, high-intensity, and large-volume assault training. There is no movement foundation and no standardized movement technology, which will cause sports injuries to students, and students from psychological I don't pay much attention to the game. Without the accumulation of long-term training, there will be no self-confidence, and tension will inevitably occur during the game, causing low-level errors. Therefore, in four years, it takes a long time for basic training from the training to achieve good results, but when the outstanding results in the competition, the students should graduate again. This is a fault and loss of athletes, and this is also a college coach Helpless.

3. Strategies and Suggestions for the Organization and Management of University Students' Track and Field Training

In any competitive sport, first selection of talents and selection of outstanding athletes will achieve twice the result with half the effort. The same is true of college track and field training. College students basically graduate in three to four years. The time from training to competition is limited, and the turnover of students is regular. Therefore, team building must be inherited and connected, and selected according to the situation of the project. New players enter the team and

play through the competition. This way, more outstanding players can be selected to complete the replacement of the players, so as to avoid problems with the new and old replacements and prevent faults. The selection of college track and field athletes must be based on the characteristics of the track and field events and the teacher's situation within the school, and reasonable selection should be made. Colleges and universities start in the autumn festival to advertise the freshman and freshmen, mobilize the whole school, publicize to the sports departments of various colleges and departments, and ask veteran team members to publicize freshmen and freshmen in this department, to be responsible to avoid talents Churn. According to the registration situation, a freshman sports meeting is organized under the organization of coaches and veteran players, and talents are selected. Students with sports talents, excellent results and those who have participated in the competition are selected and given corresponding rewards and encouragement. In the selection of athletes, the physical and special qualities of the athletes must be clearly specified in order to better achieve the purpose of selection. In addition, when selecting athletes, they must have noble moral character, hard work, strong will, and character. In the course of implementing the training plan, it can be executed safely and effectively, with quality and quantity, so as to ensure the effectiveness of the training, and then to achieve excellent results.

Culture can create productivity, increase competitiveness, increase attractiveness, and form cohesion. College track and field teams should establish track and field team culture, provide correct value guidance to athletes in ideology, abide by the rules and regulations of track and field teams, integrate into track and field team culture, improve track and field teams' competitiveness, cohesion, and communicate ideologically. Establish track and field team culture, so that the track and field team culture can be inherited and continued. The track and field team members are the athletic athletes of the school, representing the highest level of school track and field, and representing the school's honor. In order to mobilize the enthusiasm of the athletes for training and integrate them into the track and field team, it is necessary to formulate the rules and regulations of the track and field team, rules and methods for reward and punishment, and give material and spiritual rewards to athletes who train hard, have excellent performance, and have high levels of ethics. Punishment for inactive and in conscientious training will be given. Those who are severe will be transferred away from the track and field team to use reward and punishment measures to reward and restrain the athletes' behavior. Track and field athletes in ordinary colleges and universities are student athletes. They mainly study and take into account track and field training. Student learning is ranked first. Therefore, students must be guided ideologically to study professional courses and urge students to improve their professional course scores. Track and field training can not affect the study of professional courses. Track and field team members should guide each other to make common progress. Track and field training should be arranged after school hours or weekends, and professional courses and sports training should be arranged reasonably, both of which will complete the training tasks and professional courses with both quality and quantity in mind. In the usual track and field training, the coaches should arrange the track and field training scientifically and reasonably, and the training volume and training load should be moderate to prevent the training from overly affecting the students' professional lesson learning, resulting in a decline in training enthusiasm.

In order to complete the training with high quality, achieve excellent results, effective communication, and good trust are the guarantee of good results. The effective communication and good trust between coaches and athletes can make athletes train passionately, and persistently, proactively, and complete the training tasks with quality and quantity. Coaches need to thoroughly understand the problems that arise during training, such as injury problems, exercise intensity, and whether the amount of exercise is appropriate, understand the psychological status of the students, and then carry out effective communication, and solve problems in the lives of athletes, learning problems; athletes must also Give feedback to coaches in time for problems in training, study, and life, and work together to solve them. University track and field athletes are already adults. They have the ability to analyze things and learn. During training, they must allow athletes to learn new training methods on their own initiative, and discuss the rules of track and field training with

coaches. Reasonable and effective training content. Using modern mobile Internet technology, QQ groups and WeChat groups can be established, and the training content and advanced training methods and training concepts can be shared on a shared platform in a timely manner, and the physical condition after training (the subjective feeling of physical fatigue and whether there is damage) provide instant feedback, communication between the coach and team members, and team members and team members to establish mutual trust; the coach not only enhances the athlete's special quality and technical and psychological adjustment ability in the process of leading the track and field team training, but also To teach the athletes the basic principles of training, the rules of the project, the rules of refereeing and other related knowledge, to strengthen the athletes' knowledge and understanding of track and field knowledge, is conducive to the scientific and reasonable training of athletes, to avoid the emergence of blind training and other situations, so as to establish a A healthy training environment.

4. Conclusion

In the future, track and field teaching activities in ordinary colleges and universities should focus on optimizing and improving aspects such as the innovation of teaching methods, the design of teaching activities, and the differences in teaching concepts. From the perspective of improving the physical fitness of students, it is important for students during ordinary colleges and in the future. Development lays a solid physical and spiritual foundation

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