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Analysis on the Causes of the Decline of Sports Professional Students' Specific Sports Level and Its Solutions

Gong Ning

Hunan City University, Yiyang Hunan 413000, China

Abstract

In recent years, the students majoring in physical education are facing the problem of difficult employment, which is closely related to the decline of their special sports skills. Because of the early specialization training and the promotion of seedling pulling, these athletes can no longer form a positive transfer of sports skills after entering colleges and universities. Therefore, we must change our concepts, scientifically arrange training tasks and sports loads at all stages, and reform the selection system of college sports athletes. The physical education major aims to cultivate high-quality, comprehensive professional talents with strong professional and application skills and capable of engaging in physical education, training and competition in primary and secondary schools. Based on this, this paper deeply analyzes the causes of the decline of the special sports skill level of sports majors, and puts forward specific countermeasures to effectively solve this problem, so as to improve the special sports level of sports majors

Keywords: Sports Major; Special Sports; Reasons; Countermeasures

1. Introduction

The purpose of physical education specialty is to train the comprehensive development of professional and compound talents of morality, intelligence, physique and beauty for the country and society, facing modernization, the world and the future, adapting to the socialist modernization construction and meeting the actual needs of the reform and development of basic education [1]. There is a phenomenon in College athletes, that is, after entering the sports teams of colleges and universities through high-level tests, it is difficult to improve their competitive level in college training and competitions. The causes of this problem may be individual factors, family factors, school factors, and social factors. We must figure out the reasons for this to be able to propose appropriate countermeasures to improve the physical quality of middle school students [2]. The reasons for the decline in the level of special sports skills of sports majors are mainly reflected in the number and time of students' participation in training and the sports policy of the college entrance examination. The article describes these aspects in detail.

2. Major Reasons for the Decline of Special Sports Skills of Sports Majors

2.1 The proportion of special sports in college entrance examination is small

Students who want to apply for the sports major in the college entrance examination need to take the provincial-level self-organized sports test. Due to different regions, the special sports for the college entrance examination sports and the test time are different. Students lack physical exercise and are objectively related to the factors of school, family and society. The school is influenced by the unilateral pursuit of the rate of enrollment, and does not pay much attention to sports work. Most of the current students are only children. They are greatly cared for and cared for by their parents. Their willpower and endurance are relatively poor. They often lack the ability to control themselves. They are inert, afraid of suffering, fear of fatigue, and fear of injury. More lack of perseverance to persist in physical exercise [3]. Because of the advance of specialized training, their special performance is better than that of the athletes who have not received specialized training. These athletes are selected to enter some traditional sports schools. Increase the proportion of special test, but there is still a problem of small proportion of special test. In short, college entrance examination sports only emphasize the examination of compulsory sports items, to a certain extent, seriously ignoring the importance of special sports.

2.2 Undergraduate special training is out of touch with senior high school special training

According to the students' reflection, most of the students are participating in the college entrance examination of physical education, which is different from the specialty selected by the undergraduate course. In the interview process, there are also two factors that students need to consider when choosing sports courses. One is whether they are interested in the course, the other is whether the school offers the course [4]. Because they do not know enough about sports, they do not realize the important role of sports in their own development, and they do not realize the significance of forming good habits of physical exercise for their

health. Most middle school students are not interested in sports, which greatly affects the enthusiasm of middle school students to participate in physical exercise [5]. Therefore, most of the physical education students' special training in the undergraduate stage is out of touch with the special training in the high school stage, which makes students need to accept a new project and spend more time practicing new projects. This problem not only seriously affects the proficiency of students in mastering special sports, but also causes the students' original sports to be untrained for a long time, which leads to the decline of motor skills.

2.3 The number and time of special sports training in the university stage is gradually reduced

In addition to normal classes, students in some sports majors in the university have gradually reduced their participation in extracurricular activities, mainly in the number of special training sessions and training time. Due to the inability to arrange special training time, and the lack of special competitions in the school, students are not allowed to continue to strengthen their training in a competitive environment to improve their performance. Many schools sacrifice students' extracurricular activities for cultural studies. Students have little time to participate in sports activities outside of their studies [6]. Therefore, under the pressure of entering the school, the students only practice special items, and the amount and intensity are very large. Some schools even take the training load of adult athletes. Knowing that this is not conducive to the students' future growth, but they have to do it for the short-term effect. Coupled with the lack of a series of special sports organized by the school, students are in a non-competitive sports environment for a long time, which leads to a decline in the level of students' special sports skills.

2.4 Short time for special training in Senior High School

During the interview, it was learned that most of the time for students to participate in special training in senior high school was arranged during the late self-study period, and the time for students to engage in special training was relatively short. Because the students majoring in physical education have known about the exam items before they take part in the college entrance examination, the physical education teachers in arranging the students majoring in physical education to practice the compulsory sports items in the college entrance examination more, thus neglecting the special sports training for the students. Therefore, school leaders, teachers and parents are all aiming to increase the rate of enrollment. Increasing the pressure on students' learning, the students' learning time is getting longer and longer, the learning burden is getting heavier, and there is no time to participate in sports activities. And because of the approaching of the college entrance examination and the increasing pressure on students' learning, in order to strengthen the knowledge of cultural classes, the time for students to engage in special training is shortened.

3. Countermeasure of Improving Sports Skill Level of Sports Major Students

3.1 Increase the proportion of special exams in physical education of college entrance examination

In order to improve the level of sports skills of students majoring in physical education, we should make appropriate adjustments to the sports policy of college entrance examination and increase the proportion of special additional tests in the total score of physical education in college entrance examination. We should strengthen the long-term and systematic nature of the training plan. We should not only take immediate interests into account, but also carry out "pulling out seedlings to promote" training. We should focus on achieving higher results in the future. Therefore, if we want to solve the trend of students' physical decline in the long run, reform the college entrance examination system, and the necessary separation of teaching and further education is the fundamental solution to the problem. This measure will effectively improve the importance of students and coaches on student sports, and encourage students to have a new understanding of sports specialties, and help students master a sports special.

3.2 Maintain the consistency of special training between senior high school and undergraduate

In the undergraduate stage, the principle of strengthening special training and improving students' sports skills and standardization should be followed. As far as possible, special courses should be offered in Colleges and universities to meet students' special needs and to ensure the consistency of students' special training in high school and undergraduate stage. In addition, because of the different sports policies of the provinces and the college entrance examination, there are some provinces in the college entrance examination sports did not involve special examination, therefore, we should reform the college entrance examination sports policies of the individual provinces that did not involve special examination. It is necessary to formulate a scientific and long-term training plan according to the characteristics of adolescent growth and development, complete the tasks stipulated in the training plan in stages, and scientifically regulate the whole process so that the special achievements obtained at each stage of the athletes are in line with their basic training level in the corresponding stage. Consistent. Cultivate young people's good physical exercise habits and healthy lifestyles, and form a strong atmosphere in which young people love sports, advocating sports, healthy and uplifting, and the whole society cherishes health and values sports. Through the reform, the sports policy of the college entrance examination in line with social development can not only enable students to strengthen special training, improve the level of sports technology, but also lay a solid foundation for further study at the undergraduate level.

3.3 Strengthen students' special training and increase training time and times appropriately

Colleges and universities should carry out the reform of special training programs for physical education majors, and increase the time and frequency of students' participation in training appropriately. Therefore, the reform of physical education curriculum should focus on how to improve the physical health of students as the goal and basis, and design a practical and feasible curriculum plan, which is convenient for schools and physical education teachers to carry out teaching in-class and after-class integration. We must constantly improve our business, constantly improve our teaching level, and enrich the physical education class, so that other teachers can think that physical education is not a substitute for other courses, so that physical education

teachers can find a place in the school. An important premise for the reform of the special physical education curriculum for college sports majors is to strengthen the special training of students. Based on this principle, when the special training courses for students are improved in the reform, the number of special sports training for students is appropriately increased.

3.4 Inspire and maintain student interest in sports

Interest is the best teacher for students. How to stimulate and maintain students' interest in sports is the primary prerequisite for improving the technical level of student movement. Affected by the examination-oriented education and the rate of enrollment, in order to improve the rate of enrollment, the school will strengthen the special sports for sports majors and the sports exams for college entrance examinations so that students can master motor skills. We should keep our athletic ability at a certain level. A physical education teacher has strong sports ability, which is not only necessary in teaching, but also helpful in cultivating students' love for physical education and their lifelong physical training thoughts. Physical and mental health is the material basis for a person's growth and success. Without a healthy physique, it is difficult to serve the motherland and the people, let alone have a happy life of its own, even if the moral character is good and the knowledge is great. Therefore, in the context of further deepening the reform of college entrance examination sports, coaches should enhance the interest of the training process in the daily training process, and adopt appropriate teaching methods to stimulate students' interest in sports.

4. Conclusions

To sum up, there is a problem of gradual decline in the technical level of special sports for students majoring in physical education. This problem is related to the sports policy of college entrance examination and the less time and frequency of students participating in special training. The undergraduate course is out of touch with the special training items of high school. Therefore, the provincial ministries of education should not only strengthen the further reform of the college entrance examination sports policy. At present, we should first strengthen propaganda and actively create a social atmosphere of concern for students' physical health; secondly, we should thoroughly implement the spirit of relevant sports education documents of the central government, and comprehensively strengthen the work of school physical education. Conduct a series of special competitions in schools to stimulate and maintain students' interest in sports, increase the time and number of students' participation in training, and then make a due diligence to improve the level of sports technology for students majoring in physical education. contribution.

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