

Research on the Coaches of High Level Sports Teams in Shanghai Colleges and Universities

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Abstract: Using questionnaire method, interview method and literature method, the paper studied and analyzed the current situation of coaches of high level sports teams in Shanghai colleges and universities. Through interviewing the leaders and coaches of high level sports teams in Shanghai colleges and universities, the paper understands the current situation and problems of coaches of high level sports teams in training, management and scientific research in Shanghai colleges and universities, and discuss the relevant problems deeply and make reasonable suggestions, aiming to provide reference for the sustainable development of coach team.

Keywords: High Level Sports Team; Coach.

1. Introduction

Through reviewing the development situation and law of development of high level sports teams of colleges and universities at home and abroad, with the gradual development of high level sports teams of colleges and universities, sports teams of colleges and universities will gradually take up the task of training high level athletes, and the proportion of training excellent competitive sports talents by colleges and universities for the country will also gradually increase. In view of this objective development trend, it can be easily seen that the development level of high level sports teams in colleges and universities will directly affect the sustainable development of Chinese sports and the rapid improvement of competitive sports. Therefore, how to promote the rapid development of high level sports teams in colleges and universities has become a new issue that needs to be solved in today's society. At present, high level sports teams run by colleges and universities have achieved lots of remarkable achievements, but compared with many foreign countries, China is still lagging behind and there are lots of problems in high level sports teams run by colleges and universities, among which the problem of coaches of high level sports teams is one of the more prominent ones.

2. Research Methodology and Study Subjects

2.1. Literature Method

The papers and other relevant documents and research

materials about the work duties of coaches of high level sports teams in training, scientific research and management of general colleges and universities in China were reviewed to lay a certain theoretical foundation for the research of this paper.

2.2. Interview Survey Method

Interviews were conducted with leaders and coaches of high level sports teams in Shanghai colleges and universities according to the interview questionnaire to understand the current situation and problems of training and management of high level sports teams in Shanghai colleges and universities, and to discuss the relevant problems in depth.

2.3. Questionnaire Survey Method

By distributing questionnaires, the target of questionnaire survey mainly focused on the coaches of sports department and high level sports teams of Shanghai colleges and universities and athletes of high level sports teams, which basically ensured the credibility and feasibility of the questionnaire survey. There were 50 questionnaires and 50 questionnaires were collected, the recovery rate was 100%, among which 42 questionnaires were valid, the valid recovery rate was 84%.

3. Results and Analysis

3.1. Structure and Ability of Coaches of High Level Sports Teams in General Colleges and Universities in Shanghai

Table 1. Statistical table of skills to be enhanced of coaches of high level sports teams in colleges and university(N=42)

	Professional Proficiency	Scientific Research Skills	Management Capability	Social Skills	Others
Frequency	21	28	16	18	1
Percent	50%	66.6%	38.1%	42.8%	2%

According to the Table 1: 66.6% of coaches think their scientific research skills needs to be improved and 50% of coaches think their professional proficiency needs to be improved. Sports is a comprehensive discipline, which

requires coaches to have rich theoretical knowledge according to the characteristics of their profession. This theoretical knowledge should contain two aspects, one is the theoretical knowledge of the profession and the other is the

knowledge of relevant disciplines. In terms of their own specialties, coaches should first master the science of training, know the training rules and clarify the purpose of the tasks. The coaches of high level sports teams in colleges and universities are responsible for providing training and conducting competition tasks, and at the same time, they also have to carry out teaching and scientific research tasks, which are arduous. In such a case, there are higher requirements for the quality of teachers. In addition to the basic theoretical knowledge of sports, the coaches should also master the basic knowledge and skills of psychology, exercise physiology, pedagogy, sports health, sports management and so on.

42.8% of coaches think their social skills need to be improved. The social skill not only refers to the ability to experience and upper leadership and social relationship, but also contains the interpersonal relationship that shall be handled by the coaches during the management of the athletes. The coaches play a key role in realizing a good relationship between coaches and athletes. Only by establishing a relationship of mutual respect and understanding, equality and harmony between coaches and athletes can they

accomplish the common goal simultaneously. No matter how excellent each athlete is, if there is no coordinated enthusiasm and union in the team, the team has no ability to fight against the opposing team. Collective projects also involve the relationship between the main athletes and non-main athletes. If the relationship between the main athletes and non-main athletes is not handled well, the athletes would be “slack” in training and competition, affecting the combat effectiveness of the entire sports team. Therefore, the athletes should establish a close relationship of mutual understanding, mutual support, mutual encouragement and mutual care. Coaches should pay special attention to cultivate this good culture of unity and progress. Coaches should pay special attention to fostering this good atmosphere and conditions of unity and progress.

3.2. Study on the Motivation Methods of Coaches of High Level Sports Teams in General Colleges and Universities in Shanghai

Table 2. Statistical table of the means to motivate coaches of high level sports teams in colleges and universities (N=42)

	Financial Reward	Title Promotion	More Financial Reward but Less Title Promotion	More Title Promotion but Less Financial Reward	Moral Reward
Frequency	23	31	10	14	2
Percent	54.7%	71.4%	23.8%	33.3%	4.7%

As a special group of college teachers, college coaches are responsible for the teaching task of college teaching and training high level athletes. According to Table 2 and interview results, we can see that 71.4% of coaches think their titles are very low, and they think the reason is that coaches are mainly busy with athletes’ training and participating in games, but neglect the improvement of their own learning level, such as in English learning and further improving their education level. Because English education level plays a critical role in the assessment of titles. In such a case, the coaches have no advantage in the general promotion of their titles. Therefore, we should encourage coaches to strike a balance between training sports teams and the improvement of themselves while taking full account of the special situation of such coaches and give certain favorable measures in the system of promoting titles. Meanwhile, we can see from Table 2 that 54.7% of the coaches think the financial reward should be improved. The incentive mechanisms for coaches

in some Shanghai colleges and universities still remain unchanged since the late 1980s, and with the increase of prices and salary level, these incentive mechanisms for coaches have long been unsuited to the development of current forms. Through interviews with some coaches, we learned that some colleges and universities have adjusted their reward mechanisms, and they achieved the same results at the same time, but the reward standards of coaches in different colleges and universities are different, and the bonuses they get are different to a large extent, which seriously discourages coaches from training. It must attract the high attention of the management of sports teams.

3.3. Study on the Competition Purpose of Coaches of High Level Sports Teams in General Colleges and Universities in Shanghai

Table 3. Statistic table of on the purpose competition of coaches of high level sports teams in colleges and universities (N=42)

	Improvement of Popularity of School	Reward of Competition	Love for Sports	Competition of Tasks	Others
Frequency	27	19	11	7	0
Percent	64.2%	45.2%	26.1%	16.6%	0%

According to Table 3, we can see the purpose of the competition that the coaches of college high level sports teams participate in. There are 64.2% of coaches think that they participate in the competition to improve the popularity of their school, 45.2% participate in the competition for the prize reward, 26.1% participate in the competition for the love of sports, and 16.6% participate in the competition for the task of training and competition. Therefore, we should pay attention to the combination of spiritual and material rewards in the motivation of coaches. The level of a sports team has a big difference in the degree of attention it receives inside and

outside the school, and the higher the level is, the bigger the influence is. Especially for collective projects like basketball and soccer which have wide mass influence, coupled with attention by various media and various hype activities, it not only enhances the reputation of a team, but more importantly, it can bring development opportunities to a college or university. If college students and high school students at home and abroad can know that a college has a high level team from the internet or other media, the school would be famous around the country or the whole world which also could reinforce the self-confidence of the staff and students

of this school greatly, while forming a strong influence among students. In our daily life, there are many college students and staff, in different places and occasions, often talk about the school's representative team, often learn and imitate the athletes' techniques, tactics and behavior. In particular, the star style of campus athletes and the signature activities of campus sports stars could often generate an inspiring and sensational effect.

3.4. Study on the Training Status of Coaches of High Level Sports Teams in General Colleges and Universities in Shanghai

According to the literature review, the number of high level athletes in general colleges and universities who adhere to systematic training is small. Among a total of 1,832 athletes in 58 institutions affiliated to the General Administration of Sports, localities and ministries, except for about 15% of high level sports training teams who adhere to systematic training, about 25% of these athletes are conducting temporary centralized training to participate in competitions. Even though about 50% of the total number of athletes are belong to permanent sports training teams, they do not adhere to comprehensive and systematic sports training. From the perspective of college students, the number of participants in standardized and systematic sports training is too limited. The training of high level sports teams in the general colleges and universities in Shanghai varies widely and the training duration is difficult to be guaranteed. The guarantee of duration for sports training is the basis for improving sports technology level and obtaining excellent sports performance. However, the survey results show that most of the institutions fail to apply the training duration plan made for sports teams into practice. The reasons include: the coaches being busy with daily affairs, the training venue cannot be guaranteed due to the improper schedule of school group activities, the interference of school and social activities, and the overburden of students.

Insufficient training funds and facilities for high level sports teams in general college and universities. The results of literature survey show that the colleges and universities that meet the national requirements for the configuration of college sports venues and facilities are limited, and a considerable number of colleges and universities do not have training venues and facilities, or their training venues and facilities are not matched or obsoleted or no longer meet the requirements of formal competition rules. Insufficient investment and large shortage of funds for sports training have led to the inability of their sports training to be carried out normally and systematically, and the quality of training is also difficult to be improved.

3.5. Enhance the Concept of Digital Training for Coaches of High Level Sports Teams in Colleges and Universities

Digital training refers to the practice of sports training guided by the use of information technology as an awareness tool, and the core of digital training is the integration of information technology and sports training. It is necessary to simultaneously collect and conduct quantitative analysis on the athletes' field information, vigorously develop technical means of research, enhance scientific awareness, and active cooperate with researchers to build sports training on the basis of the most complete possible relevant information and digital

control of training. For the level of development of sports in a country, in addition to the quantity and quality assurance of sports facilities, the scientific and technological content of sports development and the overall level of development of sports science and technology is playing a more and more important role. An important factor in the success of American athletics is the adoption of digital training with the help of the most advanced training instruments. An important factor in the outstanding performance of American athletes in track and field at the Athens Olympics was that they benefited from digital training. Sensors, video recordings, and laptops became the "three major items" essential for American Olympians. With the use of instruments and measurements, gymnasts can know why they can't jump as high as possible, and through video recordings, they can find out the impact of premature unfolding of the body on the end of their movements; in confrontational events, they can develop their own tactical training by understanding and analyzing the situation of their opponents. Numerous examples show that training has now entered the digital age. In such a case, we should guide the training practice with the training concept that keep pace with this era, make use of the technology to analyze sports techniques, obtain a large amount of information, and take a large amount of information so as to guide the sports practice, and establish an information database to provide the prerequisite for scientific control of training.

Professor Zhong Bingshu, a doctoral supervisor of Beijing Sports University, once said that "training is an art" and that coaches' training for athletes is like carving a diamond. Using different carving methods, sequences and choosing different times could carve out different grades of jade. In Chinese sports field, the "Three 'Be' and One 'More'" training principles prevail, that is, training must be difficult, be strict and be practical, and adhering to the large volume scientific training. While traditional training methods continue to be strengthened, modern sports training methods, such as "modeling", "information technology", "simulation training" and "computer training", are gradually applied in the sport. Sports training is a continuous process of exploration, summary, and improvement. We should be good at breaking the shackles of the training concept. For example, in the previous training, we'd like to prioritize the speed, in which case the athletes in the best physical condition shall practice speed, and then conduct other exercises. When training of Liu Xiang, Coach SUN Haiping firstly carries out many auxiliary strength or speed strength training and then conducted the exercise in terms of speed. His arrangement is scientifically based on the excitability of the nervous system, which, in addition to dominating muscle work, also senses information from the muscles and then makes corrections and adjustments. Athletes would have a larger nerve-issued impulse after completing heavy-weight exercise than that of the light-weight exercises nerve-issued impulses are much greater, and such impulse will continue for a period. Such kinds of backwash effects are used in the training on speed, so that the training is more effective, and the athletes' muscles could complete the action of greater strength after a certain stimulation. Many of their training tools and arrangements are derived from the concept of nerve and muscle coordination, reversing the order of traditional training. Therefore, modern sports training, based on new scientific understanding of things, new exploration of the choice of training means, the time and order of arrangement and the concept of breaking

the routine plays a key role in improving the quality of training, receiving greater training effect and creating excellent results.

4. Conclusion

The training of high level sports teams in colleges and universities is an important part of college sports tasks, and the role of coaches in modern competitive sports is becoming more and more prominent and significant. As the planner and organizer of sports training, coaches play a central role in the development of college competitive sports. In order to raise high level athletes, high level coaches are necessary; add to improve the competitive level of sports teams, the training level of coaches should be improved first. Management departments at all levels should set up leading organizations for business training of coaches of college sports teams as soon as possible, and prepare plans for further training and assessment standards. Each college and university can also implement the bidding system, contract system and reward and punishment system for coaches according to the actual situation to clarify the rights and obligations. In addition, a coaching team can be established to bring into play the

collective wisdom and strive to improve the training level of coaches as soon as possible while implementing the responsible system of the head coach.

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