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Research on the Training Model of Social Sports Athletes under the Network Information Environment

Fuyang He

Physical Education College of Xichang University, Sichuan 615000, China

springsys530@163.com

Abstract. Social sports athletes are one of the important conditions to promote national fitness activities. Therefore, it is necessary to carry out systematic training for social sports athletes in order to adapt to the development of sports nationalization. Therefore, based on the network information environment, the author studies the training mode of social sports athletes. At the same time, the characteristics and existing problems of the training mode of social sports athletes in our country at the present stage are analyzed. This model is supported by the learning activity management system and focuses on the improvement of coaching professional ability. It consists of a work-oriented training course, a task-driven, coach-led teaching model and a multi-evaluation model based on formative evaluation. The research results show that the athletes participating in the training generally reflect the novel training methods, the training content is practical, and the training effect is better.

1. Introduction

Social sports athletes are an important part of developing social sports, improving the physical and mental health of citizens, improving the quality of life, and building a harmonious society. Vigorously carrying out the training of social sports athletes is the need of building a well-off society in China [1]. Since the development of China's social sports athletes system started late, from the current situation, the current training is mainly based on qualification training and examinations, and more on-site centralized training mode is used [2]. Social sports athletes are an important force in developing China's sports undertakings, improving the physical and mental health of citizens, improving the quality of life and building socialist spiritual civilization [3]. In large and medium-sized cities, people's fitness activities are more abundant, but in some small and medium-sized cities and rural areas, people have fewer fitness activities and a single form of exercise. Chen Zhili, former Minister of Education, pointed out that "the impact of information technology on education in the 21st century will be immeasurable. It will not only bring about significant changes in educational forms and learning methods, but also have a profound impact on educational ideas, concepts, modes, contents and methods [4]. In the course of curriculum reform in Colleges and universities, the concept of "people-oriented" has been fully implemented. This paper strengthens the understanding and understanding of the curriculum concept, objectives and tasks of physical education courses in Colleges and universities, and classifies the curriculum modes of physical education courses in Colleges and universities in a general way [5]. Its establishment is conducive to improving the quality of service, promoting the standardization of tennis social sportsmen's work, and has an important significance to improve the sports laws and regulations system of our country [6].



With the progress of society, the rapid development of national economy and the continuous improvement of people's living standards, people's health awareness is also increasing. The implementation of this program means that the characteristic curriculum structure has initially formed a certain system in the social physical education specialty of our country [7]. It has also penetrated into the field of education, especially in the presentation of teaching content, the way athletes learn, the way coaches teach and the way teachers and students interact. The agreement defines the rights and obligations of the Open University of China and Britain: the Open University of Britain is responsible for curriculum module development [8]. Central Radio and TV University is responsible for providing course preparation, course guidance and network platform support for athletes in the course design and provision stage [9]. The Central Radio and TV University is responsible for providing course feedback to the UK to make the training package suitable for China's national conditions and to meet the learning needs of athletes. Therefore, in addition to the government's efforts to build sports facilities in small and medium-sized cities and rural areas, social sports athletes should also be guided to enter small and medium-sized cities and rural areas [10]. Because the on-site training mode is often limited by the learning time and the ability of the learner to accept, the training content is mainly based on the learning and assessment of individual modules, and the athletes are trained after short-term training. In the absence of self-motivation motivation and effective supervision, it is difficult to carry out re-learning and skill enhancement. The improvement of the comprehensive quality of short-term training and the ability to participate in the training of the trainers cannot be effectively guaranteed. This poses new challenges to the training of social sports athletes in China.

2. Problems in the training of social sports athletes in China

Under the impetus of China's "Technical Rank System of Social Sports Athletes" in 1994, the training of social sports athletes in China has been carried out in an all-round way and has achieved remarkable results. As of 2007, there are 510,000 social sports athletes in China. In the choice of online learning time, athletes can choose to take a break or choose a holiday. When you can't continue to learn a certain unit content, you can also choose to pause learning, and wait until you have time to continue learning. In addition, most of China's social sports athletes are distributed in major developed cities in China, and the ratio of urban and rural areas is extremely low. Therefore, although the total number of social sportsmen in China has increased greatly in recent years, social sportsmen in most areas still can not meet the local needs. Each course is designed for 20 hours. It is offered through the Moodle network platform. The contents of the course are published on the course website in both Chinese and English. Athletes can also learn the original English course while learning the localized courses. Therefore, primary and secondary school coaches as the direct implementers of basic education teaching, in order to meet the needs of the current education informatization, information technology ability will become one of the indispensable abilities of coach teaching. Whether we can persist in physical exercise and form lifelong habit of physical education after entering the society, college physical education has an inescapable responsibility for it, and has a far-reaching impact on its continuation.

When training low-level social sports athletes, we should mainly focus on centralized training. High-level social sportsmen should be talented people with high quality, and the proportion of self-study in training methods can be increased appropriately.

Table 1 Hours Distribution of Training Ways for Social Sports Athletes

Grade	Concentrated training		Self-taught		Total hours
	Hours	Percentage	Hours	Percentage	
Primary	140	100	40	30	180
Intermediate	76	50	34	25	110
Senior	30	30	50	50	80

In our country, the selection of training objects for social sports athletes mainly adopts the recommended model of community or district sports administrative departments, so the selection of

training objects from community sports cadres and sports administrative cadres is more common. In grass-roots sports organizations, there are fewer opportunities for sports instructors to be selected, which can easily lead to the problem of slow improvement of actual guidance force. This platform can not only provide a long-term and systematic guidance and service for primary and secondary school coaches, but also effectively improve their information technology capabilities. To a large extent, the social athletes trained at this stage can not meet the current development needs of social sports in China. The current training mode of social sportsmen has contributed a lot. At the same time, there are also problems of insufficient quantity, low quality and unbalanced structure of the social sports athletes trained under the current mode. Education level is not high, most of them are secondary school education. Again, the guidance is not efficient. Although there are already a large number of social sports athletes in China, the role of social sports athletes has not been fully reflected in view of the current hardware situation of sports. In terms of quantity, most areas still cannot meet the needs. In terms of quality, there is a lack of practical sports professionals. From the perspective of structure, the outstanding performance is that the organization management type is more than the skill guidance type, the coastal economically developed areas are more than the inland economically underdeveloped areas, and the cities are more than the rural areas. For hard-to-understand knowledge or skillful content, you can get an instructor or other athlete to answer in time through online learning interaction.

This training model has its rationality. However, with the rapid development of social sports and the extensive use of information technology in the field of education, its incompatibility has been highlighted. The main problem is that it cannot adapt well to training individualization. The development trend cannot effectively reflect the principle of on-demand training. The training of social sports athletes' network information mode refers to training athletes through the intranet or the Internet of the sports system, and borrowing modern information network means. At present, the proportion of social sports athletes over 50 years old in China exceeds 50%. Second, the social sports athletes have a low level of education. Among them, there are about 9% of the primary school cultural level of social athletes. In order to carry out this research further and effectively, on the basis of researching other people's theoretical research, the author constructs the network environment training mode of "centralized training + collaborative learning under Moodle platform". This model guides the training activities of coaches' information technology abilities, and puts forward some effective training strategies. Through practical training activities, the implementation effect of this study is verified and evaluated. In addition, the lack of pertinence and effectiveness of training makes it difficult to meet the diverse needs of trainees and to solve practical problems. Unable to overcome the limitations of time and space, not only aggravates the economic burden of grass-roots trainees, but also the training time is difficult to guarantee. The shortage of training resources is mainly reflected in the shortage of teachers, lack of funds and backward multimedia teaching methods.

3. Significance of Constructing the Training Model of Social Sports Athletes in China

Training mode solves the problem of "how to train", while training thought solves the problem of "why to train". Training thought determines the nature and characteristics of training mode. As far as training mode is concerned, teaching mode includes teaching objectives, operating procedures, learning contents, learning methods and evaluation methods. Management services include statistical management of various information in training, training process, training experience feedback and other modes. Moreover, the information technology ability of coaches is an important bottleneck restricting the integration of education informatization, information technology and classroom. Grass-roots coaches urgently need to strengthen the training of information technology, while traditional training has some shortcomings. Tennis course occupies a place in the school physical education curriculum. In the reform of tennis course, quality education should take the lead, improve the comprehensive quality of athletes, and focus on training the various abilities of athletes have become the top priority of tennis course reform in Colleges and universities. In addition, judging from the existing team structure of social sports athletes, there are fewer talents with special education, reflecting that the source channels

of athletes are relatively simple. There is no quota or time limit, so that more people have the opportunity to receive training, especially to encourage sports coaches and coaches to join the team of tennis social sports athletes, which will help to further improve the overall quality of the tennis social sports team. Make full use of modern distance education means, establish and rely on high-quality and efficient public service system, build and share high-quality resources, break the gap between time and space, carry out large-scale training of social sports athletes, and effectively improve their professional knowledge and technical level. This is obviously the development direction and way out for the training of social sports athletes in China.

At present, there is relatively little research on the training model of social sports athletes in the network information environment. Figure 1 is the investigation of the number of documents in this research in recent years.

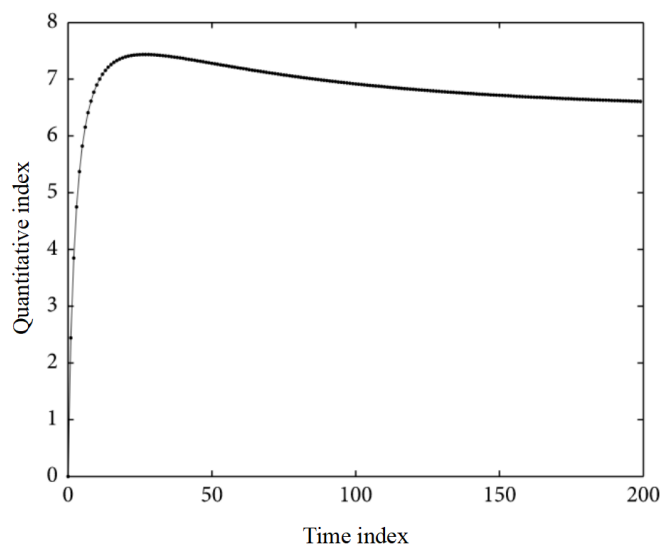


Fig. 1 Survey of the number of such studies in recent years

Therefore, the study and solution of the social sports athlete training model can not only focus on the training model itself, but should start from the study of social sports athlete training concepts. First, establish an interactive space and area for athletes on the online training platform. For example, learning forums, video interactive communication spaces, etc., through online cyberspace, athletes can use text, voice or even online video to conduct "close-range" communication and discussion. The remote training of social sports athletes is a unified demonstration of sports projects that are not suitable for on-site demonstration and high difficulty through modern training tools and training methods such as network, multimedia and remote. According to the organizational form of knowledge in curriculum, it can be divided into subject knowledge systemized curriculum and work process systemized curriculum. To improve the current traditional training mode, we must explore a more long-term and effective training mode. On the basis of extensive investigation and theoretical analysis, this paper makes a thorough study on improving coaches' information technology ability under the network environment. Its purpose is to put forward the training mode and strategy of coach's information technology ability under the network environment, to better guide coach's information technology ability training, so as to promote the development of coach's professional ability. Therefore, on the premise of not violating the law of tennis development, the setting and development of tennis lessons in Colleges and universities should conform to the reform of society and school physical education.

4. Summary

Although distance training has different advantages from traditional training, it is not omnipotent and impossible to provide learners with all the learning support services they need, especially for practical majors such as sports. In the era of network information, the combination of online and offline training

is an effective mode of training social sports athletes. Through the combination of online and offline, the basic theoretical knowledge and answering part are put on the network learning platform, and the operational knowledge of skills is put on the face-to-face teaching link. It not only guarantees the learning time of athletes, saves the training cost, but also effectively improves the training quality. The training method should be flexible, and it can be adapted to the local conditions of each training school. However, from the perspective of curriculum resources, such case materials are still rare. The improvement of coaching information technology ability has promoted the reform of classroom teaching and the improvement of teaching behavior, enriched the content of the network platform, and gradually accumulated a database adapted to the teaching practice, further promoting the integration and sharing of resources. Construct a classroom teaching model with athletes as the main body and teaching and learning. Establish and improve the training organization system for tennis social sports athletes, set up tennis social sports athletes appraisal stations throughout the country, and assess and evaluate the quality of training.

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