

Original Research Article

Research on the Status Quo and Countermeasures of Scientific Training of Track and Field Sports

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Abstract: At present, China's track and field sports are at the leading level in Asia, but there is no obvious advantage in the world sports world. In short, the level of Chinese track and field is not completely commensurate with the title of sports power. In order to make a breakthrough in world-class track and field competitions, China should pay attention to improving the scientific level of training and cultivate a track and field gold medal team with long-term advantages. Based on many years' research experience in track and field, the author briefly analyzes the development status of track and field in China in recent years, and on this basis, studies related strategies to improve the level of track and field training.

Keywords: Track and Field Sports; Scientific Training; Status Quo and Countermeasures

1. Introduction

The scientific development of training is still in the process of continuous exploration and improvement. Only by applying scientific sports training to athletes' track and field training can the level of track and field in China reach a state of sustainable development. Therefore, it is necessary to explore and practice more actively, solve a series of problems in the process of establishing a scientific training system for athletes in track and field, and realize a scientific training system. Grasping the sports training methods of track and field is the basis to ensure the training quality of track and field athletes. This article mainly explores the practice of scientific training form, in order to clear the way of talent training and promote the development of sports in China.

2. The status quo of scientific training of track and field sports

First, the training form is relatively simple. In the early training process, the training form of young athletes in China is relatively simple, which will not improve their special performance in the future. Only paying attention to the training of athletes' core sports ability, the single training means and continuous over-training methods can make athletes suffer sports injuries after specialized training. Setting up quality specific indicators for athletes cannot be implemented in grass-roots units in detail. These events are too specialized for young athletes to achieve these goals, and the arrangement and requirements of the implementation process of special quality assessment are seriously inconsistent with the actual situation. In addition, in the track and field athletes' groups in China, many athletes and coaches lack awareness of the importance of skills and physical training, and usually stay at the superficial level, so they can't carry out in-depth research activities. In order to enable athletes to achieve the expected results in physical fitness test, coaches add the intensity of training. However, after the physical fitness training reaches the standard and ends, they no

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longer give effective supervision activities. Athletes with weak sense of self-restraint often slacken their thoughts, give up the idea of continuing to exercise, stop tapping their potential, and end their sports career ahead of time, which also hinders the rapid development of track and field sports in China.

Second, there is a lack of scientific training. Due to the influence and restriction of conditions, scientific training will be seriously affected by the scale of running schools and the overall professional quality of personnel. Coaches in grass-roots sports schools are far from understanding scientific training in terms of both breadth and depth, which is the reason why grass-roots coaches are relatively weak in scientific awareness and scientific research ability compared with coaches at provincial and municipal levels. Subjectively speaking, sports schools at provincial and municipal levels have advantages in cultural attainments, material conditions, training environment, learning opportunities and competition opportunities, so they are paid more attention by the leaders of sports management centers, and given more opportunities to communicate with high-level personnel, thus having a deeper understanding of scientific training and knowing the importance of scientific training to effective training. Therefore, by studying, they will add scientific training in their own research scope, and apply it to physical training, making it an integral part of the work content and the core of the thinking system.

Third, the overall training level of track and field sports needs to be improved. Training means cultivating athletes' special sports skills through the competent departments and relevant coaches, helping athletes to give full play to their subjective initiative on the basis of fully mastering the principle of human body sports clerk, and finally they are able to play the best sports ability and competition level in the competition. In the actual training process of athletes, some coaches often rely on their own subjective experience to carry out technical training, or only pay attention to the cultivation of athletes' sports ability while ignoring the exquisite study of their skills. On the other hand, some athletes are eager for success, and do not spend enough energy to study the characteristics of professional events, sports laws, scientific principles of human body movement and innovative training methods and modes. Instead, they blindly try to achieve excellent results in a short period of time through intensive training or unconventional training, which eventually leads to injuries, and they have to end their careers ahead of time. Especially for track and field training, it is crucial to know the rules and skills of training.

3. The effective strategies of scientific training of track and field sports

3.1 Clearly defining track and field training objectives

The orderly development of sports school training should begin with the formation of clear training objectives. First, the characteristics of track and field events make it clear that this event mainly judges the endurance and endurance of athletes. Therefore, when sports schools train students in track and field, they should make clear the direction of training objectives. Secondly, the purpose of track and field training in sports schools is to enable students to form good physical adaptability, so as to achieve the purpose of sports training. In order to ensure that the training objectives of sports events are clear and achieve the purpose of promoting students' abilities, the main points of setting daily training objectives can be summarized as follows: (1) During track and field training in sports schools, it is necessary to analyze the training index combining with the national track and field athletes training indicators, including physical function, exercise control and diet matching. Its content should be properly grasped according to track and field training conditions. (2) In order to meet the students' physical needs, sports schools have arranged staged, periodic training and hierarchical goals for the students in school. That is, according to athletes of different levels, different starting points and the same end point are adopted. Combining with the basic situation of training objectives of track and field athletes in sports schools, it is better to explore the basic situation of track and field work in sports schools from two aspects of training standards and actual training conditions, and to gradually implement the objectives into specific work, thus playing a guiding role in scientific training in sports schools.

3.2 Promoting scientific track and field training with the help of music elements

In order to continuously improve the level of track and field training of Chinese athletes, coaches should constantly

innovate their teaching mode and use diversified training forms to promote the athletes' level effectively, such as combining music with training. Coaches need to effectively integrate the elements of music into the daily training process, so as to continuously improve the effect of athletes' track and field training. In the early stage of the training program, athletes should do full warm-up preparation activities, so that their bodies can quickly enter a competitive state, and it can avoid physical injury caused by insufficient warm-up. They will have the characteristics of a specific age and can respond quickly to external stimuli. There will be a sense of joy and pleasure under the music function system, thus reaching a rational warm-up state in a short period of time. On the other hand, music and training have many things in common, the biggest of which is the timely control of rhythm. Based on this, in the training process, coaches need to play songs with different rhythms according to different training items, so as to form a moderate training atmosphere. Relevant research shows that if the music rhythm can be at a similar frequency with athletes, it can achieve a phenomenon of physical and mental resonance, which is helpful to stimulate the potential of human body, thus improving the training effect of athletes. In addition, coaches also need music to help athletes relax their bodies and hearts after training. This is because after high-intensity training activities, many athletes will not only have physical discomfort, but also have a great sense of fatigue and depression in their hearts. If there is no effective solution to the long-term backlog, it will definitely affect the athletes' performance. Soothing music can just calm emotions and release pressure, so coaches should combine music elements with track and field training to turn music into a powerful driving force in athletes' hearts.

3.3 Balance of training methods

During the training of track and field athletes in sports schools, sports schools must avoid being anxious for success. On the one hand, during the professional training of track and field sports, paying attention to the control of instantaneous force and long-term force in athletes' training can help athletes skillfully grasp training skills. On the other hand, when arranging the training content of track and field athletes, there should be both concentrated training and relaxed training. It is worth noting that the latter only reduces the intensity of training, rather than stopping training altogether. It can provide buffer space for the adjustment of athletes' physical energy, and then guarantee the long-term training effect. Mainly from the arrangement of training methods, the specific arrangement methods of the training work points are as follows. First, during the basic skills guidance and training for track and field athletes, the coaches adopt action decomposition training and soft/rigid combination training to guide students to grasp the main points of track and field sports. It includes run-up, speed adjustment, and breathing mode adjustment. Reasonable arrangement and regulation of various training work can play a basic teaching effect of relaxation adjustment. Secondly, in the specific arrangement of track and field training, five days a week will be taken as the concentrated training time, and two days will be taken as the relaxation training period. Athletes can simply adjust their physical abilities within two days, and do a good job of regular periodic training. Thirdly, the coach should record the students' weekly training, and make an objective and comprehensive summary from the aspects of running speed, endurance and durability. For the disadvantages of track and field athletes during training, the coach should give an adjustment plan in the future training plan and adjust the training work in an orderly manner.

4. Conclusion

To sum up, there is no doubt that China's track and field level is leading in Asia, but it still needs to be improved considering the world-wide level. Therefore, track and field training activities need to constantly clarify the training objectives of track and field, promote the scientific training of track and field with the help of music elements, and the application of training methods should be relaxed to improve the overall level of track and field.

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