

Research on the Integration of Sports Training Technology

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Abstract

Starting from the concept, content and type of the concept of sports training, this paper discusses the internal wine of the innovation of the concept of sports training integration, points out that integration and innovation are the development concept of sports training concept, and puts forward the path selection of sports training concept, with the Olympic project team as the link, Set up "training, commission and research" "An integrated and popular scientific and technological research team; an innovative high-level sports base as a platform to create a benign and interactive scientific and technological innovation mechanism for the sports research group to deal with the relationship between introduction, development and innovation in an acculturation way; improve the system and mechanism to promote the transformation of training theory into reality, and strengthen the original innovation ability of sports science and technology. Giving full play to the extensive tension between science, technology and innovation is the principle for the innovation and development of sports training concepts on the proposition of.

Keywords

Fusion; Innovation, Training concept; Sports training; Development.

1. Introduction

In Chinese philosophy, "reason" mostly refers to the order and principle of things, while "thought" mostly refers to "thinking" and "thinking", which are combined in ideas are ideas about the organization and principles of things. Wenhengfu, a Chinese scholar, defines the concept as "the unswerving and fundamental judgment and view on the way to realize the value of the object itself formed on the basis of rational thinking and personal experience". Chengdongmei and others defined the concept of comprehensive training as: the training concept is the concentrated embodiment of the trainers' rational understanding of the internal nature, laws and values of competitive sports and sports training activities and the ways of value realization on the basis of personal experience. It is the idea of directly guiding practice and the basic attitude and concept held to complete the training objectives and tasks, It is an organic and unified rational understanding of people's actual judgment and should be judgment on sports training. It is not only a compass for people to explore sports training theory and practice, but also an intermediary bridge between theory and practice[1].

In theory, the training concept is the clear leg judgment and understanding of the concept holder on the training practice, and has the significance of guiding and orienting the training line. In terms of content, the training concept includes the understanding of the essence and law of competitive sports, and the understanding of the project theory and sports training theory and practice. According to the objective law of sports training, establish the concept system, philosophical views and guiding ideology of sports training; The goal pursuit of sports training activities and the understanding of the means and methods to achieve the goals; It also includes the cognition of the training subject to the training object, the purpose of the training subject, the formulation of the training plan, etc. Whether the training concept is correct or not is directly related to the development direction and effectiveness of competitive sports. In the

long-term training practice, numerous cases have repeatedly proved such a proposition: only those training concepts that conform to the project law can play a correct guiding role in sports training, and the training concept of anti-corruption training practice will inevitably lead to invalid or even destructive training, which will inevitably lead to the delay of competitive strength providers and even lead the training astray[2]. Therefore, the establishment of a correct and scientific concept of sports training is the basic guarantee to improve the level of competitive sports in China. The training concept can be divided into innovative training concept, follower training concept and improved training concept according to the process of its production; According to the scope involved, the training concept can be divided into macro training concept and micro training concept; According to the item classification of Keji sports, it can be divided into the training concepts of each item, such as football training concept, basketball training concept, swimming training concept and rowing training concept; According to the object and process of the idea, it can be divided into strategic training idea, operational training idea and evaluative training idea. The war road training idea can be divided into

2. Connotation of Sports Training Concept Innovation

Training idea is the formation of the concept or idea that the training subject thinks about sports training and its process, and it is rational knowledge; The training concept is not the training reality or training practice, but comes from the thinking of training practice, It is a conscious reflection of training practice (. From the perspective of cognition, the innovation of sports training concept is the deepening of the understanding of the essential characteristics and laws of sports training. The transformation from the concept based on a superficial understanding to the concept based on a deeper human level is the innovation of ideas[3]. The history of human society is the history of innovation of human ideas. With people's deep understanding of sports training, people's ideas are constantly innovating. From the perspective of dynamics, training Idea innovation is a process of "dilapidated" and "innovation". In concept innovation, "breaking" refers to the negation and abandonment of outdated or misunderstood things, and "establishing" refers to the creation and improvement of correct new concepts in line with the law of sports training. In the process of innovation, the unity of "breaking" and "establishing" is flexible and dynamic unified. This unified flexibility is sometimes manifested in the word "breaking" and "standing" in it; Sometimes the word "Li" comes first, and "Lao" is in it. Both of these cases are manifested in the unity of opposites between "breaking" and "establishing". From the perspective of the relationship between subjective and objective, the essence of training concept innovation is the re unification of subjective and objective[4]. The training idea is a kind of spiritual phenomenon, its form is subjective, and its content is the subjective reflection of objective things. Any idea that correctly reflects the essential characteristics and laws of sports training is consistent and unified between its subjective form and objective content; Any idea that can not correctly reflect the essential characteristics and laws of sports training is inconsistent and inconsistent between its subjective form and objective content.[5].

In a sense, the idea innovation of sports training is to replace the idea that the subjective form is not unified with the objective reality in the process of sports training with the idea that the subjective form is unified with the objective reality. Therefore, the re unification of subjectivity and objectivity is the essence of training concept innovation.

3. Development View of Sports Training Concept

3.1. The Integration And Innovation of Ideas Being An Important Driving Force for the Development of Competitive Sports

From a macro point of view, cybernetics, systematology and information theory have been introduced into the technical sports training, as well as some major research achievements in the sports training field. The integration and innovation of ideas need the criticality, universality and rationality of thinking. These theories or research results not only become an integral part of the training concept, but also promote the development of the concept, and make people form a new understanding of the planning, systematization and control of training. After that, the "happy interval" training method was transplanted by the coaches who are good at association to speed skating, cycling, rowing and other endurance training projects, and also achieved good results[6]; Mutual reference of the most training methods; The mutual reference of diving and gymnastics land training methods fully shows that the blanket planting and integration of training methods between event groups with similar competitive ability can show its outstanding advantages. All these are worthy of careful study and association by coaches in the competitive sports field[7]. The altitude training theory of "living high and training low" proposed by Levine is also derived from the integration and transplantation of sports training concepts. This training concept has been widely used in endurance leading projects. Simulation experiments are actually fusion and blanket planting. Accordingly, researchers have artificially reduced the phenomena that are difficult to regenerate in nature or large-scale projects that need to be created to the laboratory for research, and transplanted the research results of the laboratory to the things to be studied. The integration and innovation of these ideas have played a great role in promoting the impact of training practice, the improvement of sports performance and the rapid development of international competitive sports.

3.2. There Being No Need For Innovative Thinking in the Development of Sports Training Concept

Looking back on the development of the concept of sports training, it is not difficult to find that the concept of sports training has been enriched and developed in the process of the continuous conflict and collision between scientific theory and practical experience. The continuous conflict and collision between scientific theory and practical experience have stimulated innovative thinking in the process of competitive sports activities[8]. In the Keji sports activities, the researchers listed innovative ideas by changing the conventional thinking and processing direction of the order, principle, attribute, structure, size and other factors of the research objects. For example, the application of "positive Jinyu tower" and "inverted Jinyu tower" training methods in strength training methods, and the inverse combination of group number and times in the process of speed and endurance training will have a certain impact on sports training; The change of the track and field rules in the field competition also profoundly reflects the color and utility of inversion. Xufusheng changed the teaching material sequence of traditional football technical training, from the relatively difficult dribble technical personnel to the lateral change thinking with the breakthrough technology as the core, which significantly accelerated the mastery of football technology.

3.3. Path Selection of Sports Training Concept Development

By means of discipline and city leadership, the scientific and technological innovation team is organically consolidated, breakthrough and original achievements are achieved, and the integrated innovation ability of the research team is enhanced[9]. At the same time, we should discover and put forward the basic scientific problems of sports training from the tackling of scientific and technological problems, support free explorers at the forefront of science, form

the direction of tackling key problems, promote the development of sports training to penetrate into other disciplines, integrate other emerging disciplines and interdisciplinary disciplines into sports training, cultivate new disciplinary growth points, drive the adjustment of disciplinary layout, and promote the development of sports training concepts. In addition, we will carry out institutional and mechanism innovation within the team, and vigorously create a dilemma of collaborative research, consideration of the overall situation, harmonious progress and unity.

The innovative sports base should be integrated on the basis of the existing key laboratories, scientific and technological innovation platforms, project research centers, key research bases, etc. the key to the innovative sports base is to form a mechanism of "integration and innovation", and a scientific and technological management system and operation incentive mechanism that promote the development of original basic research and facilitate the transformation of sports scientific and technological achievements. In recent years, with the rapid development of China's competitive sports, the state has strengthened the investment in the basic construction of China's sports science and technology, and the experimental conditions have been continuously improved.

4. Conclusion

When the sports technology itself has developed to a certain extent, it is difficult to make a breakthrough. At this time, it is necessary to introduce other technologies and make a breakthrough by means of technology foundation, which will greatly promote the development of competitive sports. In the new situation, the development of sports training concept is becoming more and more basic. The research on the integration of sports training concept should break through the simple understanding of sports training concept integration as the understanding of sports technical behavior, sports training law or the simple combination between them. The ancients said that "heaven does not change, and Tao does not change". The folk experience of "responding to changes with constancy" shows that the traditional culture has been deeply rooted in the idea of being conservative, seeking stability and being tired of change, which is different from the innovation of sports training concept. If we want to innovate, we may have a great conflict with the inherent culture and concepts. On the development of training concept, we should always take a scientific attitude.

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