

# Investigation and Research on Physical Training in Zaozhuang No.1 Middle School

Qing Tang

Jiangxi Normal University, Nanchang 330000, China.

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**Abstract:** This article through the literature survey method, logical analysis and questionnaire method and other research methods, look at the first middle school students and teacher of physical education as research object, the no. 1 middle school of the present situation of the sports training study of zaozhuang, find out the problem and to investigate the causes of influence sports training, find the root of the problem. And according to the problem to find out feasible and scientific and reasonable countermeasures. The aim is to provide theoretical and practical reference for the healthy development of sports training in Zaozhuang No. 1 Middle school, hoping to improve the level of sports training in Zaozhuang No. 1 middle school, and provide more reasonable and effective training countermeasures.

**Keywords:** Zaozhuang No. 1 Middle School; Physical Training; Research

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## 1. Introduction

### 1.1 Research purpose

As an important part of education, school physical education can promote students' mental health, enhance students' physical fitness, form good living and working habits, and cultivate good social adaptability, so as to train young people to meet the requirements of modern society. The purpose of this paper is to find out the deficiencies and advantages through the research and investigation of the physical training of Zaozhuang No. 1 Middle School, and to provide reasonable reference countermeasures.

### 1.2 Research significance

As the most rigorous and effective part of my country's education system, schools are not only an important guarantee for national policies and personnel training. Carrying out sports training is important for fully implementing our country's education and sports policies, achieving school education goals and sports goals, and promoting the popularization of sports.

## 2. Research results and analysis

### 2.1 Investigation and analysis of the basic situation of the sports training athletes in Zaozhuang No. 1 Middle School

#### 2.1.1 Athletes' motivation for training

According to the analysis of the survey among the students participating in the training, the highest choice at present is to improve sports performance, which is conducive to college admissions, accounting for 41%, followed by interest and hobbies in sports, accounting for 23%. The three are to prove their own strength, accounting for 14%, the next is to improve health and exercise, accounting for 9%, and the last is to consider external factors, in order to win honor for the school, in order to Fight for a better ranking. They still care about their own studies first, and then some students come to train to cultivate their own interests.

## **2.1.2 Analysis of weekly training times**

According to the analysis of weekly training times, 41% of the students will participate in the training 4 times a week, 27% of the students will participate in the training 3 times a week, and 23% of the students will train 5 times a week or more, 2 times a week. The following people accounted for 11%. Students' enthusiasm for physical training is not bad. At least each student participates in physical exercise more than twice a week.

## **2.2 Basic status and analysis of physical training teachers in Zaozhuang No.**

### **1 Middle School**

#### **2.2.1 Age, title, educational background and teaching experience of physical education teachers**

According to the survey of physical education teachers' educational background and teaching age, most of the teachers in Zaozhuang No. 1 Middle School have bachelor's degrees, accounting for 57% of the total physical education teachers, indicating that more than half of the teachers have a higher education level. While the number of graduates and above and those below undergraduate is relatively small, but these two problems are not particularly prominent.

#### **2.2.2 Analysis of the scientific research ability and learning and training of physical education teachers**

According to the survey and analysis, many coaches who teach in middle schools have not published papers or academic reports, and are unable to update the latest sports situation in a timely manner. Some teachers may have such talent when they just graduated, but because there is no room for development in small cities, they gradually eliminate such ideas. It may be a matter of time or funding that cannot carry out corresponding training, resulting in the shortage of talents in this area.

## **2.3 Other factors affecting the physical training of Zaozhuang No. 1 Middle School**

### **2.3.1 Attitudes of schools, class teachers and parents**

In the survey, it was found that most of the classroom teachers expressed support for the student-athletes to participate in sports training, but without delaying cultural learning, the main reason for the support is that these students with better sports take a shortcut to enter the ideal school through sports. Not only achieves the goal of the school's comprehensive training, but also helps to improve the school's reputation. The reason for not supporting is mainly from the perspective of class management. The competition and training time of student-athletes affect the learning of cultural lessons and cause inconvenience to the unified management of the class.

According to the survey and analysis of parents' attitudes towards children's physical training, 43% of them want their children to go to school with the help of physical training, and 34% of them want their children to exercise their body through physical training, increasing their interest and hobbies. And cultivating a sense of competition accounted for 18% and 5%. It shows that most parents are still worried about their children's admission rate, and hope that they can improve their children's education through sports, let their children exercise, cultivate their own hobbies and interests, cultivate their will quality, and get in touch with more from sports activities. Friends, and a small number of parents will pay attention to the cultivation of

children's sense of competition.

### **2.3.2 Coordinate the contradiction between "learning and training"**

Physical training actually promotes students' learning of theoretical courses, and students' learning of theoretical courses also has a positive transfer effect on physical training. Balancing learning and physical training will greatly improve the efficiency between the two. But this is also a difficult problem faced by schools, parents and students at present. How to balance the time allocation between the two? Many parents will feel that time is wasted on physical training, but physical training can not bring any actual rewards to children, and physical training requires accumulation of time, energy and even money to get rewards. Many parents expressed that they did not understand, so they put pressure on the school, believing that the school did not focus on the students' study, and the school needs to take into account the students' academics and the school's sports development, so they spend most of their time on study, leaving little time for students to exercise, which has a negative impact on physical training.

## **3. Problems and countermeasures**

### **3.1 There is a problem**

The author has some opinions and suggestions through this research on the current situation of physical training in Zaozhuang No. 1 Middle School. First of all, from the perspective of students themselves, the direction of their own interests is not clear, and the time arrangement is not reasonable enough. From the perspective of physical education teachers, their scientific research literacy is not high, their professional titles are not high, and their desire to learn is not too strong. From the school's point of view, the support of the school is not enough, the emphasis on sports training is not enough, and it cannot provide better venue equipment and infrastructure. Only by solving the above problems can it be beneficial to the overall development of physical training.

### **3.2 Countermeasures**

Whether it is the contradiction between learning and physical training, or the purpose of training is too strong, in fact, the biggest reason is that there is no correct training attitude and no correct training method. First of all, most parents think that physical training is only for the purpose of getting into college, and there is no improvement in other aspects, so that most students also have this kind of thinking, and they are sometimes positive and sometimes negative about training. In addition, the school did not increase its support for sports, and lacked replacement and maintenance of infrastructure and venue equipment.

Physical training can be used to train students' will and quality, and physical and cultural teachers can be rewarded from other perspectives.

## **4. Conclusion and suggestion**

### **4.1 Conclusion**

Students' "learning and training" contradictions are prominent: the students' training is too strong, the time invested is not enough, and certain results cannot be achieved, and students who are interested in training and gifted do not pay attention to cultural courses, but are interested in training. However, the cultural level of students with general basics varies.

Physical education teachers lack scientific research literacy: Many teachers do not have the time or energy to focus on the publication of papers, that is, they cannot get the latest news on sports, and they cannot innovate in students' physical training. Many teachers are also content with the status quo and do not take the initiative to explore new ways.

The school does not pay enough attention to it: For schools, physical training is to serve the school's politics. If it is carried out well, it can increase its popularity. If it is not carried out well, it will not receive attention and attention. Physical training equipment and personnel are not actively equipped.

## 4.2 Recommendations

Cultivate students to develop good study habits, grasp both learning and physical training, have independence, be able to solve the contradictions in learning independently, and improve their own consciousness and enthusiasm.

Physical education teachers take the initiative to improve their scientific research literacy, improve their ability to be re-educated, and can actively study culture and training, and constantly find the integration point of the two, instill a benign instill in students, and improve students' culture and training performance.

Schools should change their own ideas, innovate themselves, improve their awareness of physical training, play a good guiding role for students, vigorously support the development of physical training, and increase their attention to physical training.

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Author Profile: Tang Qing (1998 -), female, Han nationality, master's degree student, Jiangxi Normal University; Research direction: PE teaching.