Study on the Influence Model of College Athletes' Training Effectiveness based on Mentality-oriented Method

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Abstract

With the rapid development of sports business, the requirements for the training effect of athletes are higher than ever before. As a basic institution for training the athletes, the training results are of great significance to the development of athletes. Therefore, through the analysis of the current training situation of college athletes, this paper presents the problems of neglecting mental quality, single training mode and lack of infrastructure. Moreover, the paper explains the role of mental quality in guiding the athletes. Therefore, the method of constructing a training model of college athletes based on mental quality is put forward, focusing on the aspects of integration of mental quality, cultivating awareness of sports, improving athletes' mental quality, to improve the athletes' mental quality, and thus enhance the overall ability of athletes.

Keywords: Mentality-orientation, Physical Education in Colleges and Universities, Training of Athletes.

1. RESEARCH BACKGROUND

1.1 Literature review

In recent years, sport has attracted more and more attention. People not only participate in sports, but also pay attention to related sports events. In this context, the requirements for the training of athletes have gradually changed (Yu, 2012). Colleges and universities as an important part of training athletes, whose athletes are not only the main force to participate in all kinds of sports events, but also are of great importance for the development of sports industry (Meng, 2014). Based on this, it is of great significance to enhance the training effectiveness of athletes in Colleges and universities. But in the course of sports training, the level of mental quality has an important influence on the athletes. In sports training, the coaches assist athletes to recognize themselves through mental quality guidance, helping the athletes to obtain correct attitudes in the process of competitions, and thus get better places (Chen, 2014). Therefore, mental quality guidance plays an important role in improving the effectiveness of the training of athletes. At present, the studies in this field mainly focus on the influence of psychological guidance on the training effects of athletes, which provides ideas and directions for this paper. Through analyzing and summarizing, the paper explores the construction of sports training model.

1.2 Purpose of study

This paper, taking the training status of athletes in universities as a breakthrough point, illustrates the specific situation of the low mental quality of sports athletes. Low mental quality not only affects training but also leads to stage fright of athletes who do not have proper attitude and thus affects the results (Wang, 2014). Based on this, the training should be combined with mental quality guidance so that to improve the performance of training. In the college training process, the construction of the training effectiveness model, grasp the actual situation of sports training, and conduct real-time adjustment is of great help to improve the athletes’ ability. With the goal of enhancing mental quality, the sports training can be improved (Gao, 2017).

2. PROBLEMS EXISTING IN THE TRAINING OF COLLEGE ATHLETES

2.1 Lack of training idea and single training mode

Sports training in colleges plays an important role in promoting the development of sports business. It can provide a large number of sports talents for sports industry (Mao, 2011). However, there are some problems in the training
of athletes, which affect the improvement of the effectiveness. First, the training idea is lacking. In the process of sports training, coaches pay too much attention to improve the athletes' athletic ability, and do not recognize the influence of athletes' mental state on training (Pei, 2011). Therefore, in the process of organizing sports training, there is no corresponding psychological training for the athletes. Secondly, under the influence of traditional training concept, training methods are old-fashioned and single, which is unable to adapt to the actual needs of the current development of sports training, thereby affecting the sports trainer (Wang and Zhang, 2015). Due to the singleness of the training method, the athletes' sports ability cannot be fully strengthened in the course of training.

2.2 Neglect of mental quality and lack of training consciousness

In the course of college physical training, the coach ignores the training of the mental quality of the athletes. The coach does not check the athletes' mental health regularly to understand the psychological conditions of the athletes (Wang, 2015). Based on this, the psychological problems of athletes during training cannot be solved in time, thus affecting the next-stage training of athletes, which is not conducive to the development of athletes. The neglect of coaches' mental quality is also reflected in the fact that mental quality is not integrated into the whole training process, which affects the effectiveness of physical training (Zhang, 2015). At the same time, in the course of sports training, athletes' lack of physical awareness will also affect the training effect of athletes. The athletes do not have correct opinions on sports, in which case they cannot obtain right attitude. Therefore, they cannot give full play to their subjective initiative, and thus are unable to complete the training goal (Zhang, 2016).

2.3 Lack of infrastructure and poor mental quality

Sports infrastructure is the basis for sports training, but in actual situations, colleges and universities invest too little in sports infrastructure construction, so they cannot provide good training places for athletes (Feng, 2016). Due to the lack of sports infrastructure, athletes cannot carry out systematic sports training in training process, which is not conducive to the improvement of athletes' comprehensive ability. At the same time, coaches do not provide simulated competition or training in training process according to athletes training programs to improve their mental quality, which adversely affect the development of athletes (Wang and Sun, 2012). Athletes, in training process, also ignore their own psychological adjustment ability, in which case they cannot correctly deal with training problems in training process, and thus affect their own development.

3. THE EFFECT OF MENTAL QUALITY ON THE PROMOTION OF ATHLETES

In sports training, the integration of mental quality plays an important role in improving the overall ability of the athletes. It can help athletes correct their training attitude in training process, actively take part in training and improve their athletic ability (Wang and Li, 2012). Coaches should pay attention to athletes' mental states in real time, so that they can adjust training plan in real time. In this way, the athlete is less likely to get bored to the training process, which is helpful to achieve comprehensive development.

4. THE MENTALITY-ORIENTED METHOD OF BUILDING COLLEGE ATHLETIC TRAINING EFFECT MODEL

4.1 Create new training philosophy and enrich training mode

In college athletic training, mental quality plays an important role in the development of athletes. Therefore, in building sports training effect model, combined with the specific contents of mental quality orientation, athletes’ mentality should be guided (Xu, 2016), both of which should be regarded as the theoretical basis in constructing the effect model. First, in the process of building the model, we should focus on training philosophy innovation. In traditional athletic training, coaches place too much emphasis on improving the physical quality and athletic ability of athletes, ignoring the cultivation of mental quality. It results in the fact that athletes are not able to handle unexpected situations, which not only affects their training, but even their competition results. Under this circumstance, coaches should transform training strategy, focus on the mental quality of athletes and integrate it into the training system. Second, when conducting training activities in college, we should emphasize on the cognition guidance of athletes, bring them to realize the importance of mental quality, provide support for building athletes training effect model, and improve its efficiency. Last, in building the training effect model, we should transform training mode and provide technical support. College coaches should change training mode and integrate mental quality training into the training system according to new training philosophies. In training
athletes, we should enhance their mental quality training and guide them to study sports psychology so as to right their minds, fulfill athletic training better and improve their comprehensive quality.

4.2 Integrate with mental quality and cultivate sports consciousness

In the process of establishing athlete training effect model, mental quality training should be integrated into it. In athletic training, mental quality training should not only be incorporated in training programs, but also run through the whole training course. Coaches should develop a mental quality evaluation system and evaluate the psychological state of athletes regularly according to the system. Thus coaches are able to understand the characteristics of psychological changes of athletes at different stages so that they can adjust training strategy and give full play to their potential in athletic training. At the same time, in the process of integrating mental quality into the training system, coaches should implement mental quality education progressively according to the actual situation of college athletic training so that athletes can adapt to changes and conduct athletic training in a better way. Meanwhile, we should enhance the cultivation of athletes’ sports consciousness, which is of high importance to improve the athletic ability of athletes and a key factor in affecting their mentality. Therefore, in building athlete training effect model, coaches should cultivate the sports consciousness of athletes in combination with their respective training course so that athletes can have a clear understanding of their training courses and form corresponding sportsmanship in athletic training, which is of great help for improve the effects of athletic training. Furthermore, under the guidance of sports consciousness, athletes can fulfill the training more proactively and improve their comprehensive ability and professionalism as athletes.

4.3 Build infrastructure to improve the mental quality of athletes

In establishing athletic training effect model, infrastructure building should be strengthened to provide basic support for the model. Universities should increase investment in sports facilities, provide good facilities for athletes and boost their enthusiasm for training so that athletes will join the training actively. In building basic facilities, universities should have a clear understanding of the basic training courses of athletes, set up scientific and proper facilities, purchase corresponding sports equipment so that athletes can receive an all-around training. In addition, optimizing the training environment can cultivate the mental quality of athletes and provide a good training atmosphere so that training effects can be improved. Furthermore, in building the training effect model, coaches should also establish a simulation training model and organize corresponding athletic contest regularly, and through participating in these contests, the mental quality of athletes can be improved. Moreover coaches should further look into the psychological state of athletes, understand their psychological changes and redesign their training programs. Chart 1 shows the modules of athlete simulation match. In the process of training, athletes select match modules according to their training courses. Then they are divided into different groups and

Figure 1. Analog Game Module
competition results are obtained. After the game, coaches evaluate the psychological state of athletes, obtain the evaluation results and adjust training strategies according to the results.

At the same time, in the construction of sports training effectiveness model, a psychological adjustment module should also be established. When athletes are undergoing intensive training, they will have various psychological problems. Athletes who do not undergo such psychological training cannot adjust their psychology automatically because of the lack of systematic psychological training, which will affect their mental state. Based on this, athletes can change their mental state through the psychological adjustment module in the sports training effectiveness model, and enhance their psychological adjustment ability, so as to promote the overall development of athletes and improve the effectiveness of sports training.

5. CONCLUSIONS

In college sports training, not only the overall comprehensive quality of the athletes should be improved, the psychological training of athletes should also be strengthened. Through establishing training effectiveness model and the methods of mental quality orientation, the psychological training problems caused by the poor mental quality of athletes can be solved. Therefore, it has achieved the goal of psychological training and improving the psychology quality of athletes.

ACKNOWLEDGMENTS


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