Strategies of Respecting and Cooperative Education for Young Athletes

Fan Zhang

Abstract. In the process of cultivating the humanistic quality of the young athletes, respecting the cooperative education is the basic platform and effective way, which is irreplaceable for the young athletes to respect the cooperation consciousness, ability and methods. Respecting cooperative education can make the educated people have more sense of responsibility and sense of duty, which is not only conducive to the physical and mental growth of young athletes, but also greatly beneficial for the development of athletic ability. Based on the principle of respecting cooperative education, this research puts forward the strategy of respecting cooperative education in daily classroom teaching and sports training, so as to strengthen the cultivation of young athletes’ consciousness and ability to respect the cooperation.

Keywords: young athletes, respecting education, cooperative education, competitive sports.

Introduction

Respecting education is an important way to cultivate the healthy personality of young athletes. It is based on the development of sports colleges and universities, the psychological characteristics of young athletes and the actual environment of cultivation. For sports schools, respecting education naturally is to take the respect as a prerequisite, and to create a good environment for teaching and training as much as possible. Taking the cultivation and development of young athletes’ excellent qualities and comprehensive qualities as the fundamental purposes, the education generally covers respecting themselves, others, nature and the society. Cooperative education is the basic platform and effective way of the humanistic quality education for the young athletes. It is to promote the socialization process of the young athletes through the cooperation and communication on the basis of practice activities in terms of education and training, especially focusing on the cultivation of cooperative consciousness, cooperative ability and cooperative methods, which is

Fan Zhang, Department of Police Skills and Tactics, Nanjing Forest Police College, Nanjing 210023, China; zhangfan@nfpc.edu.cn
Fan Zhang, Sports Science postdoctoral programme, Nanjing Normal University, Nanjing 210023, China
irreplaceable. It mainly includes learning to collect information, to express the views, to have the sense of cooperation, to establish mutual trust, to enhance the sense of collective responsibility, to resolve disputes in a friendly way and other aspects.

**Basic principles of respecting education and cooperative education**

**Principles of respecting education.** 1) Principles of humanity. The implementation of people-orientated education mainly emphasises that education reveals people’s value and highlight people’s potential as well as develop people’s individuality. These three levels are of progressive relationship. When applied in the training of young athletes, it can be found that people’s value (athletic talent) is the important condition and basis to show people’s potential (athletic level). Its full playing is bound to lead the development of personality, and then promotes the development of the potential which is the final result. For respecting education, in fact, it takes respecting people as the premise, and aims at promoting the development of people’s potential and cultivating excellent personality. In other words, respecting education is actually the main way to promote the all-round development of people, and is undoubtedly the key measure for the implementation of humanistic quality education. Therefore, respecting education is the most important choice for promoting young athletes to develop their potential, realizing their personal values and carrying out education from the perspective of natural development of human and personality improvement. At the same time, it is also undoubtedly the education that shows the connotation of human education best, so humanity is the essential characteristic of respecting education.

2) Principle of comprehensiveness. Respecting the comprehensiveness of education, includes the full respect for the rights of young athletes and the respect the young athletes, which is determined by the meaning of its own value. Paying attention to the rights of young athletes means that whatever gender, nationality, family background and other factors people are of on the campus, they should receive the same education, which ensures that all students can get the education of the best quality. Each young athlete should be respected, including athletes with strong ability or weak ability as well as young athletes who compete for the sports events that are less likely to get golden medals. Besides, the strengths and weaknesses of cultural learning should also be respected, so that each young athletes’ characteristics and differences are respected and tolerated.

3) Principle of democracy. It is the core element for whether respecting education can achieve the ultimate success. So the democratic, harmonious and equal relationship between teachers and students is undoubtedly an important channel to enhance teaching and training results. Through respecting its development and the people-orientated education, it is bound to cultivate outstanding athletes with democratic and fair concepts.

4) Principle of operability. Respecting education is put forward for the traditional training mode of competitive sports. The traditional training mode
puts emphasis on things not people. The “duck-stuffing” type of teaching rather than guidance is preferred, which limits the free development of young athletes and affects their innovative spirit and innovative ability. Respecting education is not just a slogan, but is adopted to guide the practice of young athletes’ training. It not only is consistent with the laws of training, but also can be implemented in teaching, training and management, so it has strong operability.

**Principles of cooperative education.** 1) Principle of education. Cooperative education takes education as the ultimate goal and takes the all-round development of people as the core, to achieve the function of comprehensive education, so that young athletes can have excellent athletic ability and become outstanding sports talents with innovative ideas in the all-round development process, meeting the needs of the times.

2) Principle of universality. While taking into account the differences of young athletes and emphasizing the all-round development, it is necessary to provide different opportunities and possibilities for each young athlete to bring them beyond the original cognition level and themselves, so that different young athletes can get different development on the athletic ability.

3) Principle of harmony. Cooperative education is to achieve harmony of young athletes in terms of teacher-student relationship, cultivation process, cultivation environment and cultivation effects. Through the equal and democratic teacher-student relationship, it creates harmonious classroom and training environment. Through the creation of civilized and orderly educational atmosphere, adopting scientific and effective methods to control these elements of the atmosphere, it makes young athletes spontaneously promote active learning, training, physical and mental development and the progress as well as development of other aspects.

4) Principle of motivation. Educators should adhere to the praise, encouragement and guidance, so that each young athletes can experience the joy of success and give play to their inner motivation, to establish the basic beliefs of self-respect and self-confidence, which ultimately promotes the young athletes to take the initiative to develop.

5) The principle of subjectivity. The subjects of learning, training and development are young athletes, so the educators should fully arouse their enthusiasm and initiative, so that the young athletes will participate in teaching, training and other activities as much as possible. Therefore, they will achieve all-round improvement in terms of knowledge, love, meaning and behaviors through their initiative from learning, success and innovation.

**Main approaches and methods of respecting cooperative education**

**Respecting the implementation strategy of education.** 1) Respecting education from the cultural teaching and sports training. Cultural teaching and sports training are not only the keys to the implementation of quality education, but also the important environment of respecting education. The educators should integrate respecting education in these two carriers and introduce the contents of respecting education in determining the objectives, the choice of means, as well as the implementation of the process and so on. At the same time,
they should show the elements covered in the materials of cultural courses and the training program as far as possible and identify the appropriate entry point, to create the good atmosphere with respect, mutual trust, understanding and love and to achieve the goals of respecting education in the natural way.

2) Carrying out respecting education through campus activities. Campus cultural activities and construction of campus culture are also the ways of implementation for respecting education. Respecting education should not only be shown through the theory on school management, training standards and characteristics of the sports colleges and universities, but also reflected by the standards of training, teachers’ ethics and teachers’ moral, rules and regulations, security measures and so on. Therefore, sports colleges and universities should continue to carry out interactive and open extracurricular activities and respect young athletes’ hobbies, to help them develop their personality, such as organizing interest groups, carrying out the art festival as well as science and technology festival.

3) Improving the efficiency of respecting education through enhancing the qualities of teachers and coaches. Respecting education needs independent consciousness. Then could respecting education lead to gold medals under the the pressure of winning medals? Are the two goals contradictory? Is punishment needed by respecting education? In fact, there is no conflict between the independent consciousness advocated by respecting education and the goal of competition, but it has high demands on the qualities of teachers and coaches. As an important way, carrying out continuing education can be important to promote the all-round improvement of teachers and coaches.

4) Balancing “respect” and “punishment”. The level of athletic ability and the development direction of the young athletes in the process of training are varied, which determines that the respect in training process must have the conditions, levels, and bottom lines. Therefore, in the process of sports training, the educators should have objective and comprehensive understanding on the educational concept of respect and achieve the balance. They should not regard strict "control" or "repression" as respect and think that it is good for young athletes. Nor can they completely ignore the authority of the coaches. It is certain that in the process of actively advocating respect, appropriate punishment is also necessary, because the true sense of respecting education does not deny the important role of the punishment. In addition, the implementation of punishment involves the respect for young athletes to some degree and is the respect for their rights of all-round development.

Implementation strategy of cooperative education. 1) Stimulating cooperative motivation and aspiration. The competition for young athletes can be induced. The competition between groups is carried out to promote the cooperation within the group, which can strengthen the collective spirit and improve the team cohesiveness. With the in-depth implementation of cooperative education, young athletes can fully feel the important meaning of cooperation. Both in classroom or training field, the sense of accomplishment produced through the cooperation between each other will undoubtedly form
the positive promotion and also form strong and positive attitude of cooperation.

2) Dealing with the relationship between independent learning and cooperative learning. Cooperative education is very important, but it should be based on the fully independent learning of the young athletes, which is particularly important for team competitions. It should be noted that before the cooperative education, the young athletes should be given adequate time and space for independent learning, so that it can be avoided that only the excellent young athletes make progress, while the underachievers do not have enough opportunities for independent learning.

3) Preventing cooperative education from becoming “passive classroom”. The adoption of cooperative education requires a certain degree of independence of young athletes, such as providing independent time for studying and training as well as opportunities for self-learning, assigning training tasks or homework that needs to be done independently. Otherwise, there is no real cooperation between the young athletes, which is not conducive to their all-round development.

4) Reasonable organization and regulation. In the process of cultural teaching and sports training, to carry out cooperative education, there may often be three cases: chatting, joking and awkward silence. If a similar problem is encountered, the teachers and coaches may consider applying some pressure to the collective, in order to make the young athletes progress when working together and learning from each other with the same goals.

5) Different characteristics of cooperative education in “cultural teaching” and “sports training”. As a teaching strategy, cooperative education is not isolated, but is reflected in the real classroom teaching or sports training. In addition to following the general rules, the educators need to understand characteristics, difference, cognitive characteristics of young athletes and other elements between cultural teaching and sports training, to carry out cooperative education according to the circumstances.

Summary

There are differences in the athletic ability, gender and training nature of the young athletes. By participating in cooperation, they can have more sense of responsibility and obligation, which is not only conducive to the establishment of harmonious interpersonal relationship, but also conducive to successful career and achievements in competitive sports. Through the discussion of this research, it can be found that the education of respecting education and cooperative education is not to guide young athletes to show respect for others and the society or to cooperate in some way. The focus is to integrate the respect and cooperation into the young athletes’ learning, training, competition and life, that is, all aspects of cultivation.

Acknowledgement

This work was supported in part by the Project of the Fundamental Research Funds for the Central Universities under Grant LGZD201709, in part by the
Project of China Postdoctoral Science Foundation under Grant 2017M611849, in part by Jiangsu Qing LAN Project under Grant 2017, and in part by Nanjing Forest police College Teaching Reform Project under Grant ZD17001 & YB17001.

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