Research on the Reform of Young Athletes’ Innovative Quality Education

Fan Zhang

Abstract. The competitive sports talents that the future society needs are outstanding athletes with personalities and excellent qualities. Today, the era when “knowledge is the power” has passed and the competency-based thought is no longer popular, while the quality education that combines knowledge, ability and education has been accepted by more people. Apart from having comprehensive abilities, athletes should also have great personality. As good athletes, they must form their own features in terms of the skills and tactics. Otherwise, it is difficult for them to play their due role in the competition. Therefore, strengthening the cultivation of innovative talents has become an important subject in the process of training excellent athletic talents in combination with the characteristics of competitive sports and the laws of physical and mental development of young athletes. By using methods of literature material and expert interview, the thesis gives a discussion on the innovative quality education of young athletes. It mainly involves the reform of educational content, including the innovative thinking, innovative personality and innovative learning.

Keywords: young athletes, education reform, innovative thinking, innovative personality, innovative learning.

Introduction

From the cultivation process of young athletes, there is only a teaching structure, and the humanities courses are in short. It is very weak in the proportionality and selectivity of cultural teaching and exercise training. It can not meet the demands of the all-round development of young athletes. In the course setting and exercise training, it pays more attention to the exercise training, but ignores the cultural teaching. Great importance is paid to the basic knowledge and training, but the humanistic quality education is ignored. The cultivation of innovative spirit is mainly achieved by the humanistic quality education. The training mode of young athletes is still regarded as the main mode by many
sports schools, which is the advocate of good medals, “3 requirements and 1 centre” (strict, difficult, practical and intensive exercise), and the imbalance of learning and training.

Because of too much emphasis on learning and training, mechanical repetition and passive imitation, there are few opportunities for young athletes to engage in various training activities, such as active participation, communication and cooperation, discovery, etc. Except for cultural teaching, the specific process of youth training also reveals a series of problems. For example, the cultivation of players often highly emphasizes achievements, just focusing on the results. It is not concern with the comprehensive quality development, the training methods they adopt and basic features of problem-solving in training.

During the training of young athletes in China, the above drawbacks seriously inhibit the development of the young athletes’ creative personality, like the knowledge of curiosity and the exploration of innovation. Therefore, to overcome these drawbacks, it is necessary to change the ideas of young athletes’ cultivation. The schools should strengthen the creative quality education and promote humanistic quality education comprehensively. They should carry out the creative and practical spirits. It will promote young athletes to form the basic belief of learning, values of science, better innovative quality, innovative enthusiasm and practical impetus. In order to clarify the connotation and specific path of innovative quality education, the teachers should start from three aspects which are innovative thinking, innovative personality and innovative learning.

**Discussion on the content reform of innovative quality education**

**Reform of innovative thinking education.** How to effectively educate and cultivate in young athletes’ innovative thinking has become the key problem on the background of implementing quality education and seeking transformation of young athletes’ training mode [1]. It not only is extremely helpful to develop the advantages of technology, to use inspiration tactics and tp advance competition understanding, but also has the very vital role in the growth and development. Although innovative thinking is the best and most advanced thinking undoubtedly, it is actual that the thinking has been originated in late childhood according to the existing research findings. The most important period of thinking development is the adolescence, especially in junior high school. In senior high school, it has been already sound. That is the reason to strengthen the implementation of the innovative thinking education on young athletes in senior and junior school education in competitive sports school. In fact, innovative thinking education belongs to the synthetic thinking education, namely educating by a series of creative thinking ways. For the young athletes at the primary education stage, the innovative thinking education covers a series of educational content, including creativity, flexibility, centrality, analogy, visualization and intuition of thinking.

**Reform of innovative personality education.** 1) Education of the needs levels. In fact, this is an expression of the needs of individuals and the society in the brain, and also is an important driver of individual psychology and behavior. Needs has various levels and aspects because of the individual
differences in age characteristics, interest, knowledge structure, life experience, cognitive level and so on [2,3]. It is the rule to measure a creative talent's personality how to realize and choose needs correctly. Competitive sports activities are no exception. It is all about the various needs, contradictions and conflicts caused by needs. The thinking characters of all sorts of players are expressed in solving the needs. This is the inexhaustible resources that come from innovative personality education. Through a variety of "needed" resources to implement the innovative personality education, the core is to develop and cultivate the high aesthetic demands and superb expression of self-worth of young athletes.

2) Education of the achievement and motivation. There is no doubt that the motivation is to drive people to carry out the activities under the stimulation of external needs, and is the intrinsic driving power to achieve the fixed goals. The motivation itself is a driving force, and it has significantly influenced the interest and effort of young athletes in competitive sports. Obviously, the achievement motivation can limit the psychological activation system of young athletes to some degree. By implementing the education in this way, it will strike a chord with young athletes after the struggle of aesthetic consciousness, morality and idea. Their own sports ideal will be much bigger, and their training purpose will be clearer. So this will provoke intense sports faith, and strengthen the initiative and willpower of training as well as improve the efficiency, and quicken the pace of young athletes’ growth.

3) Interest-oriented education. The strong interest in the specialized sports the athletes are engaged in is undoubtedly the most realistic and active element among motives of sports, and this interest will change with the formation and the in-depth development of the motives. After a lot of educational practice, it can be found that interest has significant positive impacts on the promotion of individual ability, especially on the ultimate formation of creative personality, in which interest usually plays an important role. Actually, the success comes from this. When interest is in education, its resources are also very rich. All successful athletes have great interest in the specialized sports and they stick to their goals to work hard in a persistent way. Training is tough. In order to achieve athletic performances, the athletes must be hardworking and diligent with correct attitude of training. Besides, interest provide great spiritual power for the hard work of young athletes.

4) Education of the emotional experience. In terms of youth athletes, emotions have critical control performances on their mental activities and behaviors undoubtedly. It has a certain regulative action on social and adaptive capacity, and it helps to form a basic condition of physical and mental health. In the educational process, the coaches love athletes. There are respect and understanding between coaches and athletes. A new-type teacher-student relationship has been established, and emotion takes on a huge strength. This is beneficial to create a cultural training environment with comfort, harmony, democracy and equal.

5) Education of thoughts and characters. The young athletes of the new generation have not encountered too many difficulties in life, because of much
more love gained in life than discipline. So they tend to be afraid of the sufferings and they do not have unflinching wills. Besides, they are often at a loss in the grim competition and the elimination of competitive sports. When they meet setbacks, they will be depressed and cannot accept the fact, resulting in personality disorder. If the young athletes want to achieve the dreams in sports and gain success in the career, they must have strong will and stick to their goals [4]. Teachers and coaches should create the conditions and opportunities for young athletes to learn from the inspiration of various models, to accept education, to purify the mind, to face themselves, to take the initiative to participate and learn to choose.

6) Education of positive attitude. Innovative personality is not born with, but is mainly formed through the acquired education, so for young athletes, the personality can also be improved. Based on this point, the teachers and coaches must enhance the awareness of advancing with the times, and constantly enhance their own innovative personality accomplishment [5,6]. They should promote the communication of thoughts and cultivate the qualities as well as guide the young athletes with actions. Besides, they should influence them with personality and set the example by the soul so that they can continuously encourage the young athletes to struggle, and make them know themselves better, to be a real person and develop to be innovative competitive sports talents who conform to the times and combine morals with ability in the continuous development.

Reform of innovative learning and education. The learning, life and training of young athletes are closely related to the future personal growth. Since they have to face the complex social environment and the changing environment of the grim competitions, only when they continue to develop in the process of learning and training, can they really adapt to the powerful and prosperous society. There is no denying that “the survival of the fittest” is the truth in the personal growth and career development of young athletes. Therefore, only when young athletes master the creative studying and training methods in the cultivation, can they take the initiative to learn and learn better in the cultural quality, personal cultivation and athletic ability. It is because of this that the creative education of teaching and training should focus on stimulating learning motivation, cultivating self-confidence, enjoying the fun of training, laying solid foundation of both cultural courses and training, mastering scientific methods, etc.

1) Stimulating learning motivation. Creative learning and education help young people in adapting to the difficult requirements for the learning and living environment, developing correct learning concepts, developing learning ability and creative thinking, improving learning methods and developing learning potential. It is the core and focus of gaining emotional experience in the studying and life.

2) cultivating self-confidence. In the course of daily study and training, the teachers must help young athletes fully estimate their ability and favorable factors, and build the confidence to win. In the face of the difficulties arising in the learning or training, the teachers should not only educate them to face the
problems bravely and amphibiously, but also use their open-minded tolerance and good cooperation as well as unity to encourage students to help each other and cooperate with each other so they can solve the problems together.

3) enjoying the joy of training. Interest is undoubtedly the best teacher. Once people are interested in something, they tend to devote more energy to it, even forgetting sleep and food. Interest can lead to successful career because for the things people are interested in, they soak themselves in the things and will not feel stressful or tired [7]. For young athletes, training is a process of “getting better”. When they devote to it, they will feel it fun. As long as the young athletes are trained to be interested in training, they will always struggle in the exploration of competitive sports and never complain of the tireless.

4) the establishment of double bases. The so-called “double bases” means the basic cultural knowledge and basic sports skills. For example, if the young athletes are lack of adequate knowledge and skills, it will be possible for them to achieve creation. Therefore, for young athletes, if they want to become better, it is necessary to learn and train carefully to improve the knowledge and skills.

5) mastering scientific methods. From the core of the implementation of quality education, the teachers and coaches should cultivate the innovative spirit and practical ability of young athletes. According to their physical and mental characteristics, both in the study or training process, more exploration and study are the important ways. If a method is suitable for young athletes, it can be adopted in the teaching and training under the guidance of teachers and coaches, and gradually formed the habit. At the same time, they should also pay attention to continuously educating young athletes, to summing up the learning methods and experience in a timely manner and to seeking the general scientific law of learning and training, to lay the solid foundation for being the excellent athletes with knowledge and skills.

**Summary**
The modern practice of sports training shows that in order to obtain excellent results, the athletes should not only have outstanding competitive ability, but also have the innovative quality. Innovation quality is a kind of conscious psychological activity, which is not born with. It can be improved through training, like the athlete's competitive ability. On the basis of analyzing the existing problems in the innovative education and quality education of the young athletes, this thesis puts forward to strengthen the training of athletes’ innovation quality and arouse the athletes’ potential of innovation from the perspectives of innovative thinking, innovative personality and innovative learning, which not only promotes them to master the skills and improve the sports level faster, but also provides the basis for higher occupational achievements.

**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
References


[3] Zhai Yuan, How to train athletes to develop innovative and aggressive spirit, teenagers sports. 6 (2009) 64-65. (in Chinese)


