Principles and Strategies of Cultivating Young Athletes’ Philosophical Thinking

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Abstract. The current competition of competitive sports is mainly the competition in science and technology. The competition in science and technology is reflected in the competition of education and education is reflected in the personnel training and intellectual development. In such a competitive environment, the requirements on the personnel training of competitive sports are higher, requiring competitive ability, innovation ability, psychological ability and so on. Enhancing the young athletes’ thinking ability of philosophical thinking in the process of personnel training of competitive sports, can make them have more sharp observation, more profound understanding and more reasonable self-arrangement, so as to achieve higher competitive achievements. The strength of philosophical thinking ability has become one of the criteria to measure the comprehensive quality of athletes in a certain sense. Based on the basic principles of philosophical thinking education, through the methods of literature review and expert interview, the thesis discusses the specific methods of cultivating the young athletes’ philosophical thinking ability by combining the theories of psychology, pedagogy, cognitology and philosophy. It strives to construct a systematic and scientific complete system, covering from theories to strategies, in order to achieve the purpose of education to help young athletes form the correct outlook on life, values and world view.

Keywords: young athletes, philosophical thinking, philosophical education, education principles.

Introduction

With a correct and rational method of thinking, philosophical thinking will help to cultivate and improve people’s critical thinking ability to establish scientific outlook on life, values and world view, to face themselves, others and the whole outer world with a healthy, scientific and rational attitude, which will eventually help to create successful lives for all of people. Philosophical thinking demands that people must free their minds and renew their ideas as well as develop the creative spirits based on the developing social practice [1].
Therefore, as the philosophical education for young athletes, the training of philosophical thinking and the innovation of thinking should be regarded as the critical parts in the training process of the competitive sport talents.

**Cultivation of young athletes' philosophical thinking**

**Basic principles of philosophical thinking education.**

1) principle of fundamentality. Although the main objective of sports colleges and universities is to cultivate excellent athletes, it can not be denied and ignored that sports colleges and universities are also good places to develop good habits. In the organization of young athletes’ philosophy education, the schools should continue to strengthen the philosophical thinking, and gradually make them think about the real life and the competitive life with philosophical thinking [2]. This is enough to show that the cultivation of philosophical thinking on young athletes is a kind of vibrant and meaningful education that is closely related to the daily activities of young athletes, rather than simply teaching, nor “duck-stuffing” type of teaching.

2) principle of pertinence. In the course of the philosophical thinking education of the young athletes, the schools should make full use of the characteristics of their liveliness and freshness, and carry out discussions on some students who have incorrect understandings on the daily study, life and training. Dialectical analysis should be carried out on how to understand their own environment and how to deal with the bad behaviors of people around. That is to say, the philosophical thinking education at sports schools should provide a stage for young athletes, so that they can improve their philosophical thinking.

3) principle of humanization. For the traditional training model of young athletes, due to the pressure of winning the gold medals, young athletes are lack of independent thinking on “human” and “life”, limiting their improvement of the qualities. Therefore, the philosophical education of young athletes is based on the humanization, which reflects its effectiveness. Otherwise, the philosophical thinking education will not be practical and waste the educational resources of sports colleges and universities. In short, the philosophical education of young athletes should consciously guide the young athletes’ thinking, to help them correctly understand the meaning of life, the meaning of competitive sports and themselves as well as help them actively participate in the competitive sports.

**Main ways and methods of philosophical thinking education.** First, in the process of learning and training of young athletes, the philosophical education should be integrated into the basic education. In this process, the schools should make the outlook on life, values and world view of young athletes develop towards the right direction, and at the same time help the young athletes improve their philosophical ability and thinking level. The reason why the philosophical education should be carried out on young athletes is that its ultimate goal lies in this. In the process of philosophical thinking education, teachers and coaches should always adhere to cultivating the thinking of young athletes with excellent philosophical thinking. Only in this
way, can they better achieve the fundamental purpose of philosophical education [3,4]. In order to fundamentally accomplish this goal, the teachers should strengthen the qualities of young athletes from several perspectives, to strengthen the education of theoretical knowledge in the cultural lessons, and paying attention to the use of philosophical methods in the daily training. In addition to that, there are also innovative ways and ideas of cultivation. In the process of cultivation, the teachers should base on the daily life of young athletes and the coaches should base on the reality for specialized and tactical training and carry out the philosophical education. For example, in the current training process of sports talents, some athletes rely on the relationship to join the professional team, and some young athletes take these cases as the principal contradiction under the wrong philosophical theories and philosophical thinking so they get wrong conclusions. This situation often occurs in the process of philosophical education. In this case, if the coaches just simply ask the young athletes to correct it, rather than actively help them to form the correct way of thinking, then this situation will continue appearing. Therefore, in order to avoid the above situation, teachers and coaches must understand the psychological characteristics of young athletes, and constantly explore the correct and effective way of education. They should also guide them to find the philosophical problems existing in daily learning, training and life, and inspire them to find the problems themselves, so that the young athletes can learn philosophy fundamentally, and ultimately improve their philosophical thinking as well as their overall qualities.

Second, the teachers should strengthen the practical teaching and combine the philosophical education in practice. In order to achieve the purpose of linking theory with practice in the philosophical thinking education, the teachers and coaches should do the following things. 1) They should leave some time for young athletes to think in teaching the knowledge or training skills and tactics. Besides, they should timely and appropriately put forward various problems and correct their wrong views, to guide them to learn in the practice [5,6]. This requires they actively organize young athletes to participate in a variety of social practices so that they can experience social practices and understand practical problems. 2) they should encourage young athletes to participate actively in various extracurricular activities in their spare time, which is also an important way for their philosophical education. Extracurricular activities are varied, so the young athletes can choose freely according to their own interests so that they can fully arouse their enthusiasm and can truly gain a variety of life experiences as well as deepen their understanding of philosophy. 3) In the process of cultural learning and sports training, teachers and coaches may also lead young athletes into the social reality, so that they can understand the characteristics of the teaching and training contents, their own status and role in the cultivation of young athletes.

Third, the qualities of the teachers and coaches should be improved and philosophical education should be integrated in the teaching and training. It is the most critical goal of philosophical thinking education that the teachers and coaches cultivate students to develop correct philosophical thinking and
philosophical thinking method of correct treatment on things. Teachers and coaches are the organizers and executors in the process of philosophical thinking education, they are in the dominant position and play the leading role, as well as bear the responsibilities of “passing their knowledge on others”. Therefore, in the process of philosophical thinking education, teachers and coaches should not only teach young athletes the philosophical knowledge, but also help them master the philosophical thinking method to deal with things correctly. Only when this way of thinking is formed, can young athletes benefit from it all their lives. In order to achieve this goal, teachers and coaches are required to do the following things. 1) They should constantly improve their own qualities, to reflect, question and criticize themselves, and influence young athletes with good thinking, morality, qualities and personality. In order to cultivate the athlete's philosophical thinking ability and the ability to solve problems in real life, the most important thing is to help them establish the belief, the concept and the life guidelines [7]. 2) As the undertakers, promoters and implementers of philosophical thinking education, teachers and coaches must always adhere to learning in order to better educate young athletes, and always take improving the their own theories and skills as the driving force of progress. They continuously innovate the education models and ways of thinking. Besides, in the education, they adhere to associating the daily life with the theoretical skills. They shall not rely on boring way of teaching or training, nor shall they rely on listing anecdotes to attract young athletes. On the contrary, they should interact with young athletes and help them develop the spirit of exploration and curiosity according to their own knowledge structure and skills, combined with the actual situation and thinking characteristics of young athletes. At the same time, they cannot introduce bad ideas that exist in society or some ideas that contradict the social order into the process of cultural teaching and sports training. They should teach young athletes to view money, fame and honor correctly. 3) As the examples for young athletes, the teachers and coaches must strengthen their own moral construction, and teach by personal example as well as verbal instruction. Therefore, they should not only have the profound philosophical basis, but only form their correct outlook on life, values and world view. Based on this they also should form the correct value orientation and develop their own professional ethics. In addition, they should do whatever for young athletes, not make gestures and force them to compliance with the teachers’ and coaches’ orders. 4) In order to better achieve the goal of philosophical thinking education, teachers and coaches should combine the philosophical knowledge with their own profession to carry out three-dimensional thinking education, so that they can design better problems which will rouse the interest of young athletes and cultivate their ability of linking theory with practice.

Fourth, they strengthen the leadership of education and integrate the philosophical education in the management services. The leaders and managers of the sports colleges and universities are responsible for the organization, coordination and implementation of the young athletes’ philosophical education, occupying a very important position in the process of philosophical
education [8]. The principals and administrative institutions of the sports colleges and universities are the functional institutions that directly manage the philosophical thinking education. Under the leadership of the principals, the administrative organizations specifically arrange young people's philosophical thinking education, which requires that the principals and the administrative institutions must correct the misunderstanding of regarding young athletes as tools and treat philosophical education with humanistic care. They should establish the correct concepts and ideas of philosophical education in sports colleges and universities, and always adhere to the continuous improvement of the self-philosophical ability, to explore the characteristics of different development courses in the philosophical education. Only in this way, can the established policies and means match the progress of philosophical education, to stimulate the enthusiasm of participation and the initiatives of young athletes, cultural teachers and coaches, making the philosophical education be in sound development towards the right direction. In addition, logistics management and services also play a very important role in cultivating young athletes to form the correct world outlook, outlook on life and values, so sports institutions should ensure the sound logistics system and carry out daily management in a scientific way to improve the service quality as much as possible. For the problems arising in the young athletes’ daily studying, training and activities, they can find in time and properly deal with, which is closely related to their realms of spirit and personal interests, and ultimately promote that the philosophical education can really play its role.

Summary
For the youth athletes, taking into account the particularity of the training objectives, the specialty of the contents of cultivation and the long term of the cultivation process, the philosophical education cannot be regarded as the education in terms of philosophy, politics, and basic knowledge of life. However, the philosophical education must be seen as the comprehensive ideological education, namely the education that guides young athletes through some ways. In other words, the most important part of the young athletes' philosophical thinking education is the education of the ways of thinking, which means that the teachers and coaches should inspire them in learning, training, life and competition to master the skills of philosophical thinking, to find the problem, and to explore on the relevant issues as well as to seek corresponding specific modes of operation. At the same time, they should research what level are the young athletes are about to developing to, and ultimately provide important impetus for the future success in competitive sports.

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