

Original Paper

Contradiction Analysis Method and High-level Athlete Training in Colleges

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Received: December 9, 2022 Accepted: December 26, 2022 Online Published: December 30, 2022

doi:10.22158/jecs.v7n1p1

URL: <http://dx.doi.org/10.22158/jecs.v7n1p1>

Abstract

Since April 1987, the State Education Commission and the State Sports Commission jointly issued the Notice on the Trial Recruitment of High-level Athletes in Some Ordinary Colleges and Universities, and colleges and universities have undertaken the arduous task of cultivating high-level competitive sports talents. After years of exploration and practice, the training of high-level athletes in China's colleges and universities has gained a lot. However, the training of high-level athletes in colleges and universities is a complex system engineering with many problems. This paper uses literature and comparative analysis to explore the necessity of contradiction analysis to study the training of high-level athletes in colleges and universities, and uses the contradiction analysis method to give relevant measures in view of the problems existing in the current training process of high-level athletes in colleges and universities.

Keywords

Contradiction analysis method, High-level athletes, Talent cultivation, Measures

1. Connotation of Contradiction Analysis Method and High-level Athlete Training in Colleges

1.1 The Connotation of Contradiction Analysis Method

In materialist dialectics, contradiction refers to the mutually dependent and mutually exclusive relationship between the opposing aspects inside or between things, namely the unity of opposites. Marx applied the law of unity of opposites to social research and formed the research method of social contradictions, which provides a sharp ideological weapon for understanding and studying the nature and development law of various social phenomena and exploring ways and methods to solve social contradictions. As one of the basic methods of Marx's study of social science and the fundamental method of materialist dialectics, the analysis of contradiction is generally applicable to the study of various social phenomena. The analysis of contradiction mainly includes: first, we must adhere to the

“two-point theory”, look at the problem in two sides, and avoid one-sidedness; Second, we must adhere to the “key point theory”, be good at grasping the principal contradiction and the main aspects of contradiction, highlight key points and grasp the key points. Third, we must adhere to the “combination of the universality of contradictions and the particularity of contradictions”. We should not only recognize the universality of contradictions, but also analyze specific problems. Fourth, we must adhere to the “theory of development”, analyze the dynamics of contradictions and prevent ideological rigidity.

1.2 The Connotation of High-level Athlete in Colleges

High-level athletes refer to high school graduates or sports school graduates who are highly competitive athletes and have passed the unified high-level athlete test in their province and the national cultural courses test with qualified scores and have been admitted by colleges and universities.

2. The Necessity of Training High-level Athletes in Colleges through the Contradiction Analysis Method

2.1 The Present Situation of Training High-level Athletes in Colleges and Universities

In 1987, the former State Education Commission issued the Notice on the Trial Recruitment of High-level Athletes in ordinary Colleges and Universities (teaching word No. 8 [1987]), and identified the first batch of 51 colleges and universities to run high-level sports teams. After more than 30 years of development, there are more than 200 colleges and universities in China to recruit high-level athletes, from double first-class universities to general universities. As long as the schools meet certain conditions are applied and put into construction, the scale is getting bigger, the level is gradually improved, and certain achievements have been made in all aspects.

Running high-level sports teams in university is an important strategic measure for reform and development of competitive sports in our country. Training high-level athletes is always the main goal of high-level sports teams in university. The Ministry of Education and the General Administration of Sport of the State have also made clear in relevant documents that the goal of building high-level sports teams in colleges and universities is to complete the task of participating in the World University Games and major international and domestic sports, and make contributions to the national Olympic plan and the sustainable development of competitive sports. The State General Administration of Sport of the State Ministry of Education. Opinions on Further Strengthening the Construction of high-level sports teams in colleges and Universities [Z]. Teaching and Sports Art [2005] No.3. The fundamental reason lies in the fact that some high-level sports teams in colleges and universities recruit professional athletes in order to pursue short-term benefits and seek quick success and instant benefits. These athletes are unable to study and train in colleges and universities, and the contradiction between learning and training is prominent.

In order to pursue self-study, high-level athletes in colleges and universities need a considerable amount of time to attend classes and self-study. However, according to relevant data, 45% of Chinese high-level athletes cannot guarantee long-term training and maintain the original competitive level, and

10% of athletes' athletic performance has declined significantly. The contradiction between cultural learning and sports training is a common problem in the training of high-level athletes in colleges and universities.

The dual identity of high-level athletes in colleges and universities is the main reason for the contradiction between cultural learning and sports training. As a college student, they are faced with learning tasks, while as an athlete, there are also training and competition tasks. These rated tasks must be completed, which make the burden of high-level athletes in colleges and universities heavier than ordinary college students. Each high-level athletes in colleges and universities often need to complete class, homework, training, competition and other tasks in a day's limited time, and training not only consumes time, but also consumes a large amount of physical energy, so it causes trouble to complete the learning task. Take the high-level men's football players of Tongji University as an example. They spend an average of 2.5 hours in training every day, plus the time for changing their shirts and shoes before training and taking showers after training, so it takes 3.5 hours to train them every day. In addition, most high-level athletes in colleges and universities have a poor foundation of cultural courses, the foundation is not solid, which makes their psychological burden more and more big. The stress caused by the contradiction between cultural learning and sports training has had a negative impact on the development of high-level athletes in many universities.

2.2 Research Status of High Level Athletes Training in Colleges

In the past studies on the training of high-level athletes in universities, many researchers have explored the training mode of high-level college athletes from the perspectives of sports science, pedagogy, sociology and so on, but there are few studies from the perspective of Marxism and social science methodology. From the perspective of Marxism and social science methodology, social contradictions exist in every field of social life and run through the whole process of social development. In the process of training high-level college athletes, there are also contradictions, which run through the whole undergraduate growth and learning process of high-level college athletes. How to master the contradictions existing in the training of high-level athletes in colleges and universities, so as to grasp the development direction of high-level sports in colleges and universities, and train high-level athletes with ideal, culture, discipline and morality, it is necessary to use the analysis of contradictions to study the training of high-level athletes in colleges and universities.

3. Suggestions for Training High-level Athletes in Colleges Based on Contradiction Analysis

3.1 Admit the Universality of the Academic Training Contradictions of High-level Athletes in Colleges and Universities and Dare to Expose the Contradictions

Social contradictions are universal and inevitably faced by high-level athletes in colleges and universities. However, the academic and training contradictions of high-level athletes in colleges and universities are covered by the natural difficulty of ordinary students' learning and the fatigue of ordinary athletes' training, so it is often difficult to get attention and recognition. Because the goal of

the teacher of the cultural course is the achievement of the cultural course, and the goal of the coach of the high-level sports team is the achievement of the sports training, the independence of the two goals makes both sides easy to ignore the contradictions of the students' learning and training, and ignoring the contradictions will not solve the contradictions. However, in fact, the academic and training contradictions of high-level athletes in colleges and universities are universal, but they are not difficult to ease. Only by acknowledging the universality of contradictions, daring to expose contradictions, taking the recognition of contradictions as the premise, and taking the correct solution of contradictions as the basis, can we achieve a harmonious state.

3.2 Both Sides of the Conflict are United and Struggle to Promote the Development and Progress of Society

Where there is contradiction, there is struggle. It is the unity and struggle between the two sides of contradiction that promote social development and social progress. The contradiction between cultural learning and sports training is unified in the same subject, and both belong to the daily tasks of high-level athletes in colleges and universities. However, due to the limited time and energy of people, the contradictions struggle with each other. With the development of contradictions, cultural learning becomes more and more profound, and the level of sports training gradually improves, which means that the comprehensive quality of high-level athletes in colleges and universities also improves. When all the members of a sports team make progress, the sports team can make progress, thus driving the progress of surrounding students, and thus promoting the development and progress of the overall environment.

3.3 Adhere to the Concrete Analysis of Specific Problems, Grasp the Studious Training of Contradictions and the Main Aspects of Contradictions

The principal contradiction plays a dominant and decisive role in the development of things. The principal contradiction determines the allocation of time and energy of high-level athletes in colleges and universities. The principal contradiction can be transformed into the secondary contradiction. Students' time cycle takes semesters as the cycle, which is interspersed with winter and summer vacations. Many competitions will be held during the holidays, such as Shanghai University Students' Class A League, during which sports training becomes the main contradiction. High-level athletes in universities generally spend most of their time on sports training, while cultural learning is the main contradiction in semesters. The principal contradiction and the secondary contradiction are interrelated, influence and interact with each other. The resolution of the secondary contradiction will also create conditions for the resolution of the primary contradiction, thus speeding up its resolution. A poor resolution of the secondary contradiction will also affect the resolution of the primary contradiction. Both cultural learning and sports training are important tasks for high-level athletes in colleges and universities. When cultural learning is successful, students can be in a state of harvest, which is conducive to the performance of sports training. When sports training or competition is smooth and there are no injuries, students can also learn more efficiently.

3.4 Adhere to the “Development Theory”, Analyze the Dynamic of the Academic Training Contradictions of High-level Athletes in Colleges and Universities, and Prevent Ideological Rigidity

The cultural learning and sports training of high-level athletes in colleges and universities are a pair of contradictions which are difficult to solve, but can be effectively alleviated by some measures. The reasonable choice of high-level athlete majors can effectively alleviate the conflict of academic training, and high-level athletes are more suitable to choose some liberal arts majors. For example, most high-level athletes in Tongji University study in the School of Economics and Management. On the one hand, humanities and social sciences have relatively low professional barriers, low requirements for students' professional foundation, and stronger practical attributes. On the other hand, economic management is a popular industry, which is advantageous for high-level athletes to find employment or further study in the future. The contradiction will develop with the development of social environment, as our campus sports experience from “combination of physical education” to “integration of physical education”, the high level athletes' learning and training contradiction will change. The establishment of high-level sports teams in colleges and universities should be the best mode of “integration of sports and education”. Since the “integration of sports and education” proposed at first is based on the premise of the separation of sports and education, the measures taken to solve the problems of athletes' cultural education and educational background have also encountered some contradictions in the practice process. The most prominent is whether the combination of physical education is “body-oriented”, “teaching-oriented” or “teaching-oriented”. However, due to various practical problems, the so-called “combination of physical education” is still only “body” rather than “teaching”. Therefore, we call for the “integration of physical education” again, and the “integration of physical education” to “integration of physical education” is the continuous progress and development to solve the contradiction of learning and training.

4. Conclusion

As for the contradictions of academic training of high-level athletes in colleges and universities, most researchers divide them into problems in the field of pedagogy, but using the contradiction analysis method of Marxism and social science methodology to analyze the contradictions of academic training from the root is conducive to better solving the contradictions of academic training. It is very important for the growth of students to look at problems from contradictory viewpoints, grasp the key points, divide into two parts and analyze specific problems.

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