

Original Paper

A Study on Improving the Level of Youth Sports Competition and Promoting the Integration of Sports and Education in Shijiazhuang

Xiaohong Min¹ & Jinxuan Wang²

¹ Hebei Science and Technology Teachers College, Qinhuangdao City, Hebei Province, 066000, China

² Shijiazhuang College, Shijiazhuang City, Hebei Province, 050000, China

Note: Xiaohong Min is the first author of this article, and Jinxuan Wang is the correspondent of this article.

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Abstract

In September 2020, the State General Administration of Sports and the Ministry of Education jointly issued the Opinions on Deepening the Integration of Sports and Education for the Healthy Development of Youth (hereinafter referred to as "Opinions"), which put forward a series of initiatives to promote the development of physical health of youth and improve the development of competitive sports, and improve the system of youth sports events, which pointed out the aspects of the integration of sports and education in our city. The significance of the integration of sports and education lies in the integration of the training of athletic talent into the national education system of the new era. Youth sports talent is the reserve army of China's sports career, is an important support for a strong sports country. In order to realize the deep integration of sports and education, it is necessary to improve the sports competition system and integrate it. Sports competition, as an important part of social culture, has an important role in uplifting the national spirit, strengthening the national body and promoting the national spirit. It is an important platform to connect with the international community and conduct exchanges. Jian ming Li: deputy director of the State General Administration of Sports, also emphasized that "competition is a lever to pry the popularity of youth sports, a yardstick to test the results of sports training, and a booster to promote the training of reserve talents in competitive sports." It shows that sports competition is an important symbol to lead the integration of sports and education and plays a commanding role. This paper uses survey method, literature method, and logical analysis method to research and summarize. In the study, it is found that the integration of sports and

education has the characteristics of hierarchy, difference and delay, so in the process of developing measures and implementation must make effective countermeasures for the key combination points and avoid one-size-fits-all. To distinguish the differences and links between competitive sports, social sports and school sports, to carry out organic integration can not be rushed. Competition is the platform, participation is the purpose, education is the means. The development of competitive sports drives the participation of social sports, social sports guide the orderly development of school sports. Therefore, in order to solidly promote the integration of sports and education, this paper makes suggestions for improving the city's youth sports competition system from five aspects: improving the event system, coordinating the development of multiple sectors, improving the investment in sports competition, integrating the sports industry and creating a good campus competition atmosphere. In this process, education and sports departments should work together for the overall design of the development and implementation of the sports competition system, the overall promotion and effective implementation of the real sports and education are not separated. To provide theoretical support and help for the perfection and formation of the system of youth sports competition in the new era.

Keywords

Integration of sports and education, Competition system, Sports competition

1. Introduction

In this regard, many experts in the field believe that sports competition is the soul of sports-education integration, and that sports competition can make young people most truly feel the fun and passion brought by sports and develop the key to lifelong participation in sports activities. It also has the diversified value of physical fitness and recreation. By competing with competitors of different ages, regions and levels, it can promote the athletes' skill level and the project culture (Program, Liu, 2012). As a lever connecting competitive sports and school sports, youth sports competition has a good generalization effect on the training of young athletic reserve talents and the integration of resources from home, school and society. In the new era, China emphasizes that students should be "health first", and students in compulsory education need to develop comprehensively, so it is important to build a perfect event structure, clarify competition goals, formulate reasonable rules and regulations, and integrate existing competition resources (Liu, J. Y. & Liu, J. S., 2010). Doing a good job of connecting the development of young athletes in elementary school, secondary school and university, and opening a reasonable and feasible space for promotion is the difficult point at this stage. Only by doing the above points can we promote the further development of sports-education integration in an orderly way.

2. The Current Status and Analysis of the City's Sports Competition

The combination of "competition" and "practice" is an important tool to promote the improvement of youth sports and sports culture. Therefore, sports events with special characteristics, levels and fun can better attract young people, sports organizations and school sports coaches to participate. However,

when the sports system is not innovative and updated, and the number of events held is not sufficient to meet the current social development trend, it will hinder the development of the city's sports economy. In using the survey method, logical analysis, and literature method to come up with the following.

2.1 The Main Events in which the Youth of Shi Currently Participate

1) City Games every four years, is the city's large-scale comprehensive sports event. 2) National Secondary School Games The National Secondary School Games is to promote the development of school sports, sponsored by the Ministry of Education, the State General Administration of Sports, the Central Committee of the Communist Youth League, once every three years. 3) Youth single sports events. 4) Sports traditional projects school games. 5) Youth Sports Club Competition, held once a year. The purpose is to make young people develop the habit of actively participating in sports by attracting and cultivating them to sports, and to promote the development of sunshine sports activities to play an active role in promoting the construction and development of youth sports organizations (Zhao, 2015). 6) It also contains some amateur competitions organized by large and small private groups on their own. Over all the number of events held is on the low side, and the radiation is relatively narrow. In particular, the nature of tournaments is more prominent and participation is not high. Sports competitions were created as a platform for youth to improve their competitive level and exchange and learn cultural knowledge in order to better encourage youth participation in sports events. However, the unchanging structure and goals of the competitions make them too utilitarian and homogeneous, and athletes are more interested in obtaining the highest possible ranking than in promoting the overall development of physical and mental health of youth. The popularity of participation also needs to be improved, with the majority of youths still on sports training teams, not allowing more people to participate. There is no separate competition system for each stage of youth to allow them to participate in sports events. Feelings of sports events are not the same emotions gained from regular physical education classes. It leads to a serious disconnect between professional and semi-professional athletes. It has laid a considerable risk for the cultivation and excavation of a competitive sports reserve. Sports have a historical nature, the new era to continue to use the previous event system has been unable to adapt to the current political and economic system and the direction of development in China or even play a hindering effect. The result is that the city's competitive sports level has encountered a bottleneck, unable to move forward steadily and with great difficulty.

2.2 Incompleteness of the Sports Event System in Shi

According to the survey, the participation of youth sports competitions in Shijiazhuang city is mainly based on the athletic games held by schools and districts. Only a few high schools participate in the city games and some large competitions in the province. In addition, some model high schools will develop their own school with traditional characteristics of some projects, the strength of the more prominent schools to participate in the national competition for secondary school students. For example, Shijiazhuang No. 2 High School won the National High School Basketball League. The survey also found that 100% of the schools were able to hold school sports games, which shows that after the curriculum

reform, the schools have paid more attention to the development of sports and the implementation of the integration of sports and education. It also shows that sports are an integral part of the educational tools. However, 71.43% of the schools were able to participate in the district games. Only 50% of schools participated in the municipal games, and the participation rate in the national and provincial games plummeted. This indicates a serious regionalization of participation in sports competitions and the absence of a synergistic, organic and integrated sports competition atmosphere in the city.

The main sports competitions offered to the city's youth are athletics, basketball, rope skipping, shuttlecock, etc. Among the sports competitions carried out in schools are basketball, soccer, track and field and badminton competitions. But what can really improve the level of youth athletics and train more professional athletes are district and city level youth soccer and basketball leagues. And this is what the city lacks at the moment. Only by opening the horizons of young people, by competing with coaches and athletes of different levels, and by learning from them, can we effectively improve the existing competitive ability.

Due to the existing rules and regulations of the league, there are strict restrictions on the eligibility of participants. There are fewer tiers for each type of competition. This will produce only professionally trained sports training team of young people can participate in this project, contrary to the original purpose of sports competition "participation is the purpose", and does not have a good connection between the general youth sports and professional competition system. Many experts and scholars have repeatedly pointed out that it is important to develop sports competitions for everyone and to build a regular school sports competition system so that every student can have the opportunity to participate in sports competitions (Xu, 2021).

2.3 Unclear Management System

The goal of sports events determines the direction of the development of school sports competitions and is a guideline for improving the school sports competition system. At present, the administrative departments in charge of sports competitions in our city are mainly the education department and the sports department. The objectives of their tournaments are oriented to promote the development of students' physical fitness and the training of screening young athletic talents, respectively. Although the two departments have common goals, both serve all the youth and are committed to youth sports work (Xu, 2021). However, for our city, the "concentric but different" sports event management system has led to a lack of unity between government departments and sports departments in terms of system improvement and policy issuance. Lower-level sports associations, tournament officials, and school sports departments encounter more obstacles in implementation. The increasing differences in the nature of competitions at all levels seriously affect the sense of experience of youth participation in sports competitions and thus their motivation to participate. Under the guidance of the new curriculum standards of the Compulsory Education Physical Education and Health Curriculum Standards (2022 Edition), the content of school sports competitions should be based on the idea of "health first" and the development of lifelong learning and participation in physical activity. The goal is to foster lifelong

learning and participation in physical activity. The education administration is more focused on promoting school sports in an orderly manner and enriching the after-school sports life of students. The sports department, on the other hand, is more inclined to discover and cultivate outstanding athletic talents. Therefore, the different objectives of the two departments have led to differences in the qualification, standard setting, and age limit of participants in the events.

2.4 The Irrational Allocation of Sports Resources in the City

School sports competition resources include venue facilities, human resources, and activity funding. The city's schools have always been short in event resources. Schools holding youth games and participating in higher level events need to have sufficient material reserves and human resources as operational support. The main problems we are currently facing are the inadequacy of school venues and facilities, the lack of professional coaches, and the fact that the funding for events comes mainly from the education department's allocation, which is a single channel. According to the survey, the existing school venues are of poor quality and single type of facilities with great limitations, many of which fail to meet the standards required by the state, resulting in the lack of conditions for young people to receive professional training, which produces a large difference between the trace effect in the actual game and in training and affects play. Secondly, under the influence of long-term emphasis on culture and sports, the very shortage of sports coaches. Because the social recognition is not high, the development prospect is obstructed for a long time, and the promotion mechanism is not perfect, so it affects the formation and construction of sports coaching team. Because of the current restrictions of the school personnel office on the conditions of full-time teacher recruitment, there are many excellent athletes who are hindered from transforming into teachers, and excellent coaches from clubs cannot teach due to insufficient qualifications, etc. This has led to the loss or waste of a large number of excellent sports talent resources, which seriously affects the scale and effect of school sports competition development (Xu, 2021). Finally, the daily training of young people requires a certain amount of training funds, and the daily replacement and maintenance of field equipment also requires a certain percentage of capital investment. The main funding for primary and secondary schools comes from the local finance department. With the increasing number of participants and the diversification of events held in the past few years, the financial sector is also facing a very high pressure, and the current competition system does not have a good synergy with the sports industry. The marketization of sports competitions is not enough, the ratio of return generated by the invested funds is too low, and the government and enterprises do not see a clear prospect to continue to invest more funds to help the development of sports competitions. Therefore, we must make every effort to change the status quo, improve the existing school sports competition system, and focus on long-term development. Promote the integration of sports and education to make substantial progress as soon as possible.

2.5 The Lack of Cultural Connotation of Youth Sports Competition

A healthy, harmonious and energetic sports competition culture is the starting and ending point for creating youth sports events. A distinctive and connotative youth sports competition culture is a key

step in cultivating the right core sports literacy in the younger generation, and an important means of influencing the formation of core literacy in students, which is truly “silent” (Program, Liu, 2012). However, the youth sports competition atmosphere in our city is limited by the low awareness of young physical education teachers, the lack of school intervention as a general grip, and the influence of exam-oriented education, which makes the youth sports events in our city lack of cultural connotation. The reasons for these problems are the low development of sports activities, the imperfect system of sports competitions and the lack of awareness of after-school sports. According to studies, sports and cultural festivals and various types of sports activities have a crucial role in fostering a culture of sports in schools (Zhou, 2021). The low number of physical culture festivals conducted in primary and secondary schools in our city restricts the construction and development of campus physical culture to a certain extent and is not conducive to promoting the further implementation of physical education integration. In addition to this, some representative sports elements such as school playgrounds, sports equipment, sports slogans, and sports stars will provide environmental help for the organic integration of youth sports competition and sports culture.

3. The Perfect Path to Promote the Integration of Sports and Education

3.1 Improve the Event System, Unified Standards

School sports competitions, as a lever for the integration of sports and education, should also be the starting and ending point. First of all, it is necessary to clarify and set a good goal of sports competition. The goal of sports competition is the basis of how to carry out sports events at a later stage, guiding the way forward and being a guide for action, and the relationship between the overall goal of the competition and the goals at all levels should be handled well.

This requires that the school sports competition system should take the promotion of students' healthy growth as the starting point, coordinate and deal with the promotion of physical health and the training of reserve talents, the improvement of competitive sports level and recreation, as well as the organic linkage between the education and sports sectors, and set the core values to give full play to the multiple values of school sports competition, promote students' healthy growth, and cultivate people with coordinated physical and mental development (Xu, 2021). Secondly, we should start from optimizing the ideology and deeply recognize the far-reaching impact of sports competitions in both cultural knowledge learning and physical health development of youth. Break the barrier that most students emphasize literature over sports and a few professional elite athletes emphasize sports over literature, and vigorously promote the common development of both. With the Opinions as a guide, careful thought and scientific planning are needed to achieve precise implementation of the strategy. Finally, there is a need for joint collaboration led by the education department and in collaboration with the sports department to develop unified competition standards and strengthen the organic linkage between school-level sports meets, district leagues, municipal leagues and provincial professional leagues. All competitions should allow all youths, including school sports teams, amateur sports

schools, traditional sports schools, and sports clubs, to participate. To achieve the joint promotion of general youth health development and competitive sports talent selection.

3.2 Multi-sectoral Synergy Development, the Government Dares to Empower

To effectively and efficiently implement the “Opinions” first of all, we must do a good top-level design. By the leadership of government departments, and then issued to various departments at each level, to adopt a multi-faceted management mechanism. In this process rely only on one or a few departments is far from enough, need to work together at every level of functional departments. First, the government needs to “dare to share” “dare to do”. The so-called dare to share is to give their own power to the lower administrative departments, sports departments and sports market operation departments, etc.. Change the function of the government from implementer to leader, more in the guidance and supervision. Dare to do is when government departments make good relevant policies, dare to strictly implement. After clarifying the responsibilities of each main body, according to the established route to implement, to have the courage to do, to feel the stones to cross the river spirit of exploration. Second, some benefits should be given to the departments involved. You cannot just have the responsibility without enjoying the related benefits. This will enhance the motivation of each department to participate. Finally, the right of autonomous governance of youth event organizers and operators should be enhanced. When the government gives certain power, it is necessary for school sports organizations, tournament organizations, and social organizations to dare to play their own management ability and improve their own internal dynamics. This will guarantee the scientific, orderly and synergistic development of youth events at all levels. This will enable effective integration between school sports departments and social sports organizations, and between leagues at all levels, organic development, and rational development of tournaments and talent transfer. To take advantage of their respective strengths, any method that is conducive to promoting the integration of sports and education, without affecting other organizations, should be boldly tried, and the joint efforts to promote the healthy development of school sports competitions.

3.3 Improve Sports Competition Investment and Resource Utilization

Competition resources and environment are the key to the survival and healthy development of youth sports competitions. In particular, human and financial resources are the basis for all sports competitions to take place. First of all, in order to make more professional coaches available to schools to guide young people in scientific, effective training. On the one hand, the education department should call for some cooperation between schools and social sports clubs. Clubs have modern training sites and the most advanced scientific training methods that allow students to experience facilities and equipment that are not comparable to the school environment. And schools can use this to introduce some of the club’s sports equipment suitable for young people and some different competitive ideas. This can be used to promote the concept of scientific exercise and healthy living. This can be done without investing too much money, while effectively expanding the existing human and site resources of the school and carrying out social integration of resources. On the other hand, the government

should continue to increase the construction of school venues, organize training for more professional sports coaches, and create special funds for the development of youth sports competitions. Secondly, in addition to competitions organized by sports departments, youth sports competitions can also take part in various leagues and friendly matches sponsored by enterprises at the social level. This will give more opportunities to participate and also provide some funding sources for the sports teams themselves, reducing the disadvantages of insufficient funding for the activities. Finally, we should strengthen the rational use and effective supervision of government grants, external funding sources, and prize money for various events to prevent abuse and misuse. Regularly publicize the flow of each fund, so that all funds can be effectively used for youth sports competitions.

3.4 Create an Integrated Development of Sports Events, Sports Culture and Sports Industry

For the smooth and sustainable development of youth sports competition, it is necessary to carry out the promotion of sports culture, create relevant supporting sports industries and create sports tourism villages to implement integrated development. As the integration of sports and education is further promoted, improving and improving the existing sports and culture industry chain is the focus and the difficulty. Considering the city's comprehensive geographical location and other factors, we can try to create a sports tourism village with ice and snow sports as the theme in winter and mountain projects as the characteristics in spring and summer near the Xishan area located in the northwest of the city. First of all, government departments should be the leading department, sports departments and sports associations as the main body, give full play to the functions of sports associations, dare to hold various events and the need for conditions to come up with ideas. Core authorities should be brave enough to propose the construction of large-scale venues and supporting proposals to meet the conditions for the holding of large-scale events. It can learn from the experience of the founding of the Winter Olympics in Zhangjiakou and find a practical path in conjunction with its own reality. Secondly, together with the cultural sector, the tourism sector should increase publicity for youth ice and snow sports to promote youth understanding of ice and snow sports and increase interest in participation. At the same time, to attract parents and social parties to support sports competition and ice and snow sports. Finally, the training of competitive talents and the healthy growth of youth are integrated into sports competitions. The integration of sports and education, as stated in the Opinions, should bring out the multiple values of education, fitness, culture and entertainment under the premise of competition. Therefore, the integration of sports and education needs to simultaneously improve the level of competition and popularize basic education, promote the reform of school education, and develop deeply and rapidly.

3.5 Hold a Diversified Sports and Cultural Festival to Create a Good Atmosphere for Sports Competition

A good sports competition atmosphere is achieved by organizing various sports events and sports culture festivals with school or regional characteristics. The humanistic values, moral sentiments and cultural connotations of sports can only be felt through actual participation. A school sports festival with special characteristics can cultivate the spirit of perseverance and never give up. It also helps

young people to develop a sense of social responsibility in the team from an early age. Therefore, in order to better promote the integration of sports and education and accelerate the construction of campus sports culture, it is a key part to create a distinctive campus cultural festival. From a macro point of view, we should first hold a sports culture festival suitable for the actual situation of our school, starting with recess and recreational recess to create an atmosphere for everyone to participate in sports activities. This will help students to develop the habit of doing sports every day. The school sports department should give full play to its functions and establish the role of sports as the “main channel” to promote campus culture. Through the sports department’s initiative and the school administration’s support of sports series such as “Sports Culture Day,” “Sports Culture Week,” and “Ethnic Traditional Sports Exchange,” a positive campus sports environment. For example, Shijiazhuang Forty-fourth Middle School holds a week-long campus culture and sports festival every year, which includes traditional culture learning, drama performance, and sports competition. It strengthens students’ ideological education, cultural education, art education and physical education, etc. Shijiazhuang Experimental Middle School also held a special campus “Yangguan Sports Festival”. During the 15-day festival, a variety of sports activities such as soccer and track and field were held to showcase the vitality of the school. This initiative creates a good environment for the development of school sports, cultivates students’ consciousness of physical exercise and promotes healthy growth in sports. The basketball competition held by Shijiazhuang No.2 High School shows the highest level of secondary school basketball in the city and sends a large number of talents to high-level sports teams in colleges and universities. From a microscopic point of view want to subconsciously influence the development of students, sports culture inculcation. Then it is necessary to achieve the organic integration of the spirit of sports culture and traditional humanism. This requires the construction of campus infrastructure, including “posters”, “illustrations” and “slogans”. Tsinghua University has “No sports, no Tsinghua” in the athletic field, which fully illustrates the importance of sports in school education in the new era, and makes the school culture and sports competition culture converge, and conveys the spirit of sports competition while carrying forward the school spirit.

4. Conclusion

There are many shortcomings in the youth sports competition system in our city, and reform is imminent. As the core of the integration of sports and education, youth sports competition is inextricably linked with school sports, competitive sports development and sports industry integration. The lack of propaganda of school sports culture, unreasonable competition system, unclear event goals, and imperfect event system are all factors that restrict the development of youth sports competitions. The city will improve the event system, multi-departmental coordination and unified promotion, increase financial investment, create the integration of the event industry, and create a good atmosphere for campus sports competition in five aspects to improve and perfect the city’s youth sports competition system and structure, and solidly promote the steady development of the integration of sports and education.

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