

Asian Swimming Athletes Training System Research

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Abstract: Asian swimming level has also attracted highly attentions in the world. It is very important to proceed with Asian swimming personnel training to vigorously carry forward advantages in Asian swimming and continuously get good results in international competitions. The paper applies documents literature and statistical analysis into studying on training of Asian swimming talent reserve. As a result, all Asian countries swimming teams has expanded their size year after year, and management and talent team construction are required to be strengthened.

Key words: Asian Sports; Asian Swimming; Personnel Training; Sustainable Development

1 Introduction

Swimming, one of major gold-seizing events in Olympic Games, is a key event that all countries in the world fight for. With social advancement and scientific and technological rapid development, athletic sports events competition has also become more and more fierce, main countries in the world have paid considerable great attentions to the development of swimming, and there is no exception for Asia. America is a worldwide-recognized athletic swimming power, and swimming itself is also the major gold-seizing event for America in the Olympic Games. This could better illustrate the decisive role that swimming plays in international matches. From the historical perspective, Asian swimming has gotten glorious results all along in the world [1]. In London Olympic Games in 2012, China itself won 5 medals-2silver medals and 3 copper ones and ranked the second place in swimming medal tally. Correspondingly, amount and quality of swimming talent reserve directly affected sustainable development and implementation of ambitious goal in Asian swimming [2].

Obviously, traditional training pattern could not adapt to changing world and well provide a great deal of high-quality swimming talent reserve, which has suffered certain impact and therefore affected improvement and popularization of Asian athletic swimming talent reserve to certain degrees. Swimming personnel training pattern once used has given way to science and technology. Asian swimming tended to imbalance development, main medals in major competitions were dominated by China, Japan and South Korea, while low level saw in other countries [3]. So Asian swimming personnel training is particularly important, only quantitative enhancement is made in subsequent personnel training could Asian swimming level be comprehensively developed. Training swimming talent reserve is a problem in athletic sports development that demands prompt solution. As far as Asian present situation is concerned, emphasis should be laid on corresponding echelon construction of swimming talent reserve, only in this way there would be sustained development in Asian athletic sports so that let Asia to catch up with international advanced level.

2. Correlation Analyses of Asian Swimming Personnel Training

The key point to Asian swimming personnel training is an issue regarding swimming talent's swimming learning. Because subjects in swimming competition results from people's exertion, training on talent reserve and talent reserve performance in swimming related issue could truly reflect most authentic issues in training process. Only carry out investigation and research seriously on these issues could better solve personnel training issues fundamentally [4]. Only fully understand practical issues of talent reserve in learning could proceed from the reality and get most valuable research results. Asian swimming talent reserve training therefore should firstly

make analysis of talent reserve learning issues; the result is as **Table 1**.

Table 1. Swimming Talent Reserve Related Learning Issues

Rank	Option	Frequency	Percent age
1	Short of learning time	287	69.70%
5	Weak foundation, lack of interest	52	12.60%
3	Too exhausted in training to have energy to learn	89	21.60%
4	Improper approach	56	13.60%
2	Hasn't yet formed into learning habits	108	26.20%
8	Lower demands on entering a higher school, lack of impetus	4	1.00%
7	Coaches and general knowledge course teachers don't care	14	3.40%
6	Else	43	10.40%

Correspond with above analysis, it is clear that main problems that Asian swimming talent reserve comes across is short of learning time that accounts for 69.7%, Hasn't yet formed

into good habits account for 26.20%, have no energy accounts for 21.60%, some are due to weaker foundation. In fact, it is mainly related to national economy and investment in swimming facilities construction. Therefore, from national level, it should increase investment in swimming facilities that can better improve true level of swimming talent reserve. By swimming investigation, it is clear that main factor that affects swimming learning is personnel quality. Research on and investment in personnel training and training approaches should be strengthened, investment in swimming time should be increased and meanwhile qualification should be guaranteed in future.

Another important factor in swimming training is swimming coach. Good swimming performance not only desires efforts of swimmers but moreover good trainers' scientific guidance, especially swimming personnel training. If excellent personnel gained good guidance from trainer in the earlier stage of training could build good foundation for his future sports undertaking's development.

Correspondingly, analysis is made on swimming coaches' familiarity with swimming teaching; the statistical result is as **Table 2**.

Table 2: Swimming Coaches' Familiarity With Teaching

Option	Frequency	Valid percentage	Accumulated percentage
Very familiar	17	25.80%	25.85%
Relative familiar	32	48.50%	74.30%
Normal	14	21.20%	95.50%
Not so familiar	2	3.00%	98.50%
Not familiar	1	1.50%	100%

From above statistical analysis, it is clear for us that Asian present swimming coaches as a whole are relative familiar with swimming teaching that accounts for 74.30%, and there are 1.5% swimming coaches are not familiar with swimming teaching. Under this situation, swimming coaches' quality should be strictly control so that could better improve Asian swimming talent reserve training. Only enhancement is made in corresponding swimming coaches' teaching quality could largely improve overall talent levels. Therefore, coaches' examination and approval should be increased, irregular checking should be implemented and trainers with higher professional skills should be chosen.

Other factor that cannot be ignored in swimming teaching and training is the application of means of science and technology. As technologies are different and directions are not consistent, it is difficult to make quantization in the application of means of science and technology but that can be measured through checking coaches implement teaching requirement or not since the teaching requirement is established on the basis of scientific research and long-term successful experience. Implementation level on teaching requirement can reflect research theories application levels in real personnel training during swimming talent teaching process from the side. At the same time, it adopts appraisal system to continue to

facilitate coaches' improvement in competition.
Analyze swimming coaches' implementation

on teaching requirement; the result is as **Table 3**.

Table 3. Situation of Swimming Coaches' Implementation on Teaching Requirement

Option	Frequency	Valid percentage	Accumulated percentage
Strictly proceed with training as requested	16	24.20%	24.20%
Slightly higher than teaching requirement	19	28.80%	53.00%
Slightly lower than teaching requirement	16	24.20%	77.20%
Base on experience	13	19.70%	96.90%
Ignore teaching requirement	2	3.00%	100.00%

Correspond with above analysis, it is clear that most of the swimming coaches in Asia mostly rely on executive capacity on teaching requirement when coaching; only 3.00% swimming coaches ignore swimming teaching requirement. Therefore, key to swimming teaching is coaches' executive capacity.

Finally, it investigates swimmers' training motivations. the training motivations of talent reserve reflect athletes' quality and their fondness on swimming. Only with correct motivation could stimulate maximum potential of swimmer. Athlete's quality is also a foundation that decides whether a sport event could develop for a long time or not, the

improvement of athlete not only is the improvement of competition level but moreover sports molding on athlete in sports process, and also an important part to enhance a nation's overall quality. Investigate and proceed with statistical analysis of swimmers' training motivations that mainly include improve health, access to university for further learning by swimming, join professional team, personal interests, find a job by swimming, parents' aspiration, increase score in university entrance examination, selected by coaches not completely voluntary and others. the statistical result is as **Table 4**.

Table 4. Swimmers' Training Motivations

Rank	Option	Frequency	Percentage
5	Improve health	34	34.70%
4	Access to university for further learning by swimming	46	46.90%
3	Join professional team	51	52.00%
1	Personal interests	58	59.20%
6	Find a job by swimming	13	13.30%
7	Parents' aspiration	12	12.20%
2	Increase score in university entrance examination	52	53.10%
8	Selected by coaches not completely voluntary	6	6.10%
9	Others	5	5.10%

Correspond with above analysis, it is clear that swimmers' training motivation mainly concentrate on interests that accounts for 59.20%. Research finds that partial trainees mainly started to learn swimming under swimming policies in the hope of facilitating their own development. One of important causes that affects youth to learn swimming is they want to get better physical quality and opportunities to enter to a higher school by swimming. Therefore, it should carry forward all-around swimming while also strengthen policy supports on swimming.

3. Conclusion

Asian swimming team has expanded its scale year after year and management on that should be reinforced to better improve quality of

talent reserve in swimming teams. Analysis of swimming team coaches suggest that overall quality of coaches is higher and their age distribution is rather reasonable, most of them follow up contents in teaching requirements while coaching. In the regard of swimmers' learning, interests come first, therefore emphasis should be laid on swimming competitions and more swimming talent reserve should be trained from childhood. Only with such stepped personnel training could better strengthen Asian swimming personnel level to provide scientific and effective support for Asian swimming personnel training. All Asian countries should formulate their own suitable swimming personnel training proposals according to their own national conditions, moreover, they could reference

development mode of Japan. Apply science and technology, social funds, publicity, strictly selection mode and the alike into improving overall Asian swimming personnel training.

References

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