

## Upgrading of Competitive Sports in Shaanxi

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**Abstract.** Taking the competitive sports events in Shaanxi Province as the research object, this paper investigates the scientific and technological investment, management system and training team construction of the competitive sports events in Shaanxi Province, analyzes the existing problems before the competitive sports events in Shaanxi Province, and puts forward some suggestions for further improving and strengthening the training of reserve talents of athletes and the combination of scientific research and sports training. Department and competitive training innovation and development, and constantly improve the long-term mechanism of sports development.

### Introduction

In order to achieve good results again in the National Games and the Olympic Games, it is necessary to conduct theoretical and practical research on the basis of comprehensive consideration of the historical tradition, economic development and social conditions of Shaanxi Province. In this paper, the author uses literature, expert interviews, questionnaires, mathematical statistics and other research methods. Taking the dominant sports events in Shaanxi Province as the research object, this paper analyzes whether the sports level of Shaanxi Province can achieve good results again in national or international competitions, and holds that the key is to cultivate the dominant sports events in depth. In order to accelerate the sound and rapid development of sports in Shaanxi Province, this paper investigates the leaders of Shaanxi Sports Bureau and the managers of the management center of Shaanxi Province. This paper makes a comprehensive comb of the overall situation of competitive sports in our province, and explores a set of effective methods. Summarize the experience, find out the difficulties and challenges that Shaanxi Province is facing at present, as well as the existing advantages, so as to make reasonable and scientific planning for the dominant sports events in Shaanxi Province.

### Analysis of Competitive Sports in Shaanxi

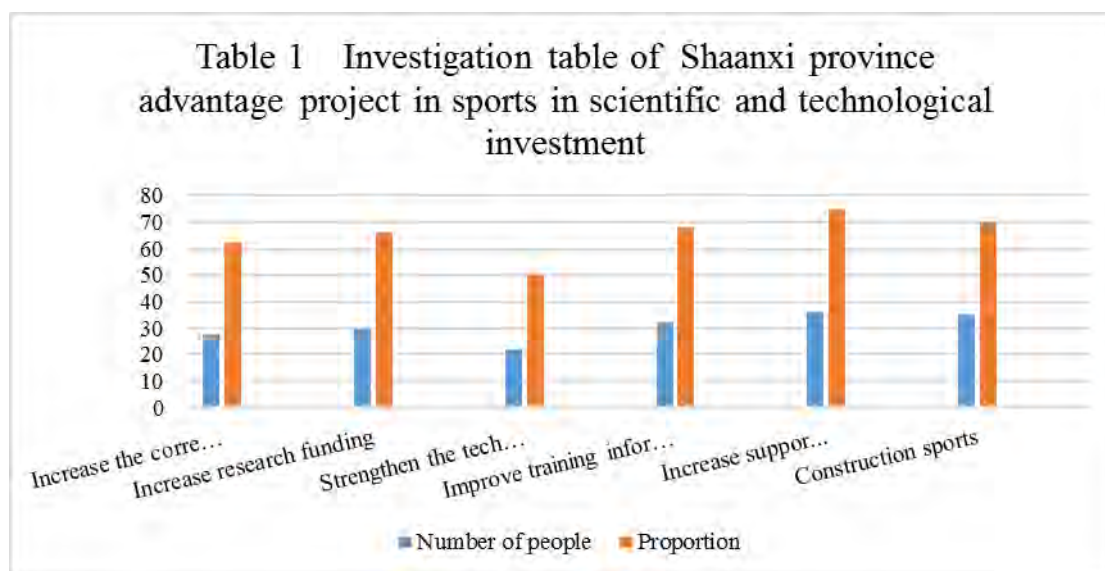
#### A. Project Survey

According to the investigation and analysis, the superior sports in Shaanxi Province are track and field, swimming, rowing, shooting, archery, weightlifting, wrestling, Taekwondo and Wushu. Through a lot of research and analysis, it is concluded that sustainable development of competitive sports, coaches' coaching level, athletes' reserve talent echelon construction, scientific and humanized management and mass support and recognition are the key to maintain the rapid development of competitive sports.

Shaanxi Province's competitive sports advantage projects adhere to sustainable development as the basic strategy of training management. The government should increase the investment in competitive sports, broaden the market economy model to create the market for competitive sports and provide a platform for communication. Let excellent coaches from all over the world learn and communicate more, and urge coaches to apply scientific training methods to practice. At the same time, it is necessary to increase the education of athletes' cultural theory level and improve their comprehensive quality.

## B. Technology Investment in Advantageous Projects

Comrade Deng Xiaoping, chief designer of reform and opening up, once said, "science and technology are the first development of productive forces". Therefore, in the process of sports development can master the core science and technology, the application of science and technology to sports competition is the current trend of development. In recent years, in the face of the more open market and the rapid development of science and technology, Shaanxi Province is also increasing the investment in science and technology for advantageous projects. The concrete manifestations are as follows: Firstly, on the basis of maintaining the development of advantageous projects, we should strengthen and expand the cultivation of "soft power". By training and introducing a group of high-level sports scientific researchers, the mechanism of flexible talents should be established. At the same time, our province's professional sports colleges and research institutions should be exerted to improve sports performance by fully relying on the level of scientific research. Second, provide scientific supply guarantee, through the purchase of a number of advanced research equipment for sports events to provide timely testing for coaches. Coaches can formulate scientific and effective training methods according to the test results to speed up the pace of the development of competitive sports. In sports scientific research, we should increase our efforts to train a number of high-level scientific research sports teams and scientific research personnel, and strive to achieve the full coverage of scientific research teams in advantageous projects during the 13th Five-Year Plan period. We have made a survey of the scientific and technological investment in Shaanxi Province's sports superiority projects, and made a comparison in the following aspects: increasing the corresponding sports scientific research facilities, raising scientific research funds, strengthening the scientific and technological innovation and application ability of coaches, improving training information, increasing sports scientific and technological support, building sports scientific and technological practical talents. Ranks. From the survey results, the investment in scientific research in Shaanxi Province is relatively high, findings are shown in Table 1.



## C. Management system of advantageous projects

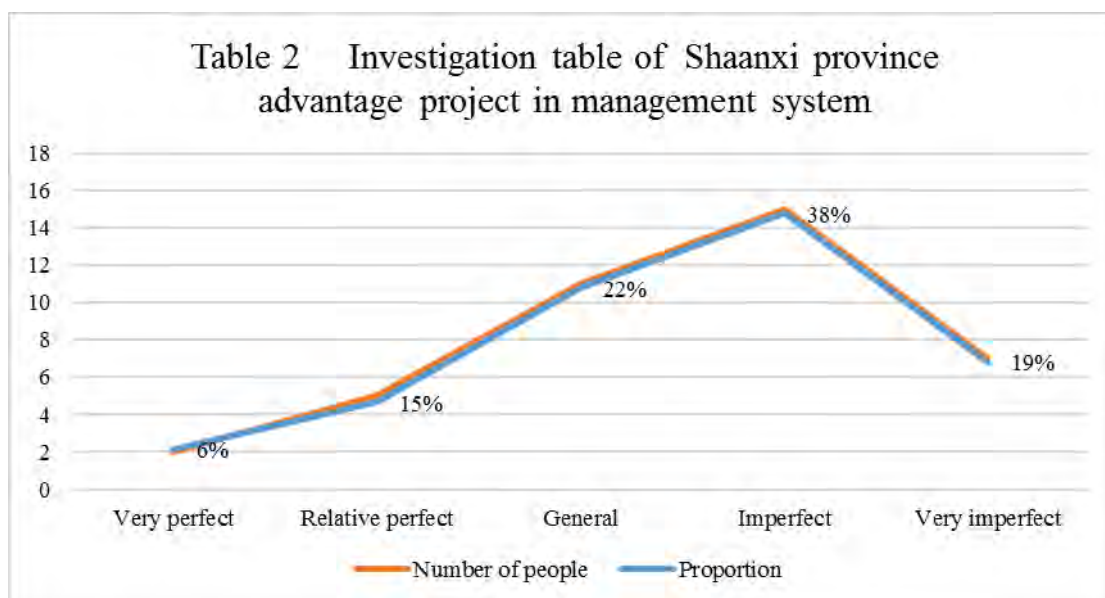
Since the founding of New China, imitating the competitive sports model of the former Soviet Union has been the development model of competitive sports in China. The whole nation has set up a three level training management mode based on sports schools. This "national system" model of concentrating on doing things is successful in the short term, but there are also some drawbacks in this mechanism. For example, excessive reliance on the government on capital and administrative intervention in management. Under the current circumstances, it is obviously unscientific to follow the past institutional mechanisms. How to realize innovation and breakthrough in training methods, government investment and scientific research management is a realistic problem facing us. In recent years, Shaanxi Province began to carry out some reform measures, such as a preliminary

market-oriented operation model in some advantageous sports, but due to unfamiliar with the market-oriented economy, there are some problems in the operation of non-standard operation.

At present, Shaanxi Province's sports team management situation is divided by the project management model, this management model is top-down single management. In terms of management, our province has carried out a more vigorous incentive mechanism, however, there is still a lack of effective constraints. In Shaanxi Province, we conducted research on management system in charge of training management. According to the data, there are some unsatisfactory aspects of training management in Shaanxi. Generally speaking, it is not perfect at present. Data analysis shows that 5% of management leaders think the current system is very perfect, 15% of management leaders think that the current system is relatively perfect, nearly 20% of management cadres think that the current management system is general, some other management cadres think that there are still some problems are not perfect. The investigation shows that the management system of competitive sports in Shaanxi Province still needs to be further strengthened and improved.

#### D. Training Team Building for Dominant Projects

In the training of athletes, there is a need for a basic quality, teaching and training as well as logistics support are skilled training team. All aspects of the strength of the training team will directly affect the improvement of athletes' performance and the training of sports talents. Shaanxi Province training team management model implementation and development mainly from the following three aspects: First, the introduction of outstanding coaches. Through effective training, we ensure that the development of advantageous projects is guaranteed. Second, the theory of scientific research team is combined with the guidance of coaches. Through the combination of advanced equipment and scientific research team's advanced training ideas and coaches' training methods, we should strengthen innovation on the basis of the original training methods, so as to make the training methods more scientific and effective. Third, strengthen the training and further training of the training team. According to the actual situation of Shaanxi Province and the status of superior projects in the country, a comprehensive comparison and analysis. In view of the actual situation of Shaanxi Province, a set of training system suitable for the province's development road is established to ensure the development of advantageous projects in Shaanxi Province.



#### Advantage Analysis

The competitive level of Shaanxi Province is constantly improving, and a number of top athletes like Guo Wenjun, Qin Kai and Tian Liang have emerged in all major competitions. At the end of the 20th century, China promulgated the Notice on the Further Development of Sports, which put

forward the idea of "doing a good job in the layout of sports, concentrating on the development of China's advantageous sports, grasping the events that can win gold medals in the Olympic Games in the short term, and striving for better results in major national competitions in the future." Overall arrangement and deployment. Shaanxi Province further strengthens and consummates the strategic plan of sports reform and development according to the document notification request. Vigorously implement the strategy of "three Shaanxi". Constantly improve the long-term mechanism for the development of sports undertakings, increase investment in sports undertakings in various funds, vigorously develop mass sports work, so that the people of Shaanxi sports healthy life; in competitive sports, constantly optimize the structure of sports projects, strengthen traditional advantages, develop new projects, and strive to form Advantage projects are clustered.

In mass sports and social sports work, the development of various groups of sports work at the same time to strengthen the construction of sports infrastructure. Taking the construction of competitive sports training base as the center, we should improve the matching of related sports facilities and carry out sports training in a good environment. A targeted sports management center and a professional sports institute have been set up for mass groups. Sports teams can communicate and exchange, and provide a good environment for Shaanxi Province to undertake large-scale competitions at home and abroad.

Shaanxi has formed the traditional strength of competitive sports. The practice of sports development over the years has proved that the cultivation of reserve talents is the only way for the sustainable development of sports, so that we can always stand in the forefront of sports development. Therefore, if we want to achieve excellent results in competitive sports, we must work hard in terms of mechanism. We should establish a sound and perfect mechanism for training reserve talents. Shaanxi Province has promulgated a number of related management methods, such as: Shaanxi Province Sports Management Measures, Shaanxi Provincial Regulations on the Health of the Whole People, Shaanxi Provincial Sports Reserve Talents Base Management Measures and a series of rules and regulations, aimed at establishing and improving the personnel training mechanism. Shaanxi province has achieved remarkable results through its practice in recent years. As a result, Shaanxi is becoming a big province and a strong province for competitive sports.

## Conclusion

A. Competitive sports in Shaanxi are dominated by weightlifting, diving, gymnastics, canoeing and badminton.

B. Shaanxi Province still needs to be improved in the training of reserve talents, the connection between scientific research and sports training, and the innovation and development of competitive training, which needs to be further improved and strengthened.

C. The advantage of Shaanxi competitive sports is mainly to form its own traditional items and traditional items with Shaanxi characteristics, but also has a hard-working and indomitable "Shaanxi spirit".

D. The opportunity cost of Shaanxi competitive sports superiority project is mainly the social and economic situation of Shaanxi Province is good, while driving the development of other industries, increasing sports exchanges at home and abroad; the main threat is that the strength of traditional superiority project has declined, while the comprehensive strength of other provinces has increased.

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