Proper Sport Knowledge Education to Athletes is Imperative under the Situation

Huang Yaling (Beijing Sport University, CHINA)

It is very important to take right methods to improve the performance of athletes in competitive sport, and these methods are different as rational and irrational, scientific and non-scientific, and scientific and pseudo-scientific.

The academic circles have half-optimistic and half-pessimistic attitude to the rapid improvement of athletic performance, an argument of "Whether the human motor abilities can reach limit" is very hot. The other view is that the body training methods which can improve the performance have come to an end; only the chemical methods are the most effective. Nowadays, the biochemical methods—nurture, drugs get into the body's metabolic process to work directly, which makes athletes depend on the biochemical methods to practice, as a result, the athletes become potential morbid or morbid status.

Through a survey to Chinese athletes: athletes receive low level of sport science education. They are lack of ability to distinguish non-scientific and pseudo-science. Education on view of science, view of life and view of sport to athletes become important and urgent.

In the training process, it calls on humanism, emphasizing and caring the athletes' life and health. 1. Set up curriculum of sport science education and health to enhance athletes' understanding and grasp of sport training rules. 2. Compile sports science books. 3. Regularly investigate athletes to know their current status, carry out sports science education activities with pertinence. 4. As there are closest relationship between coaches and athletes and coaches can directly influence the athletes on their concept and behavior on scientific training, so we should strengthen sport scientific knowledge education to coaches. 5. Asian countries should strengthen the cooperation and communication of sport science education to share experience and resource.