

The Analysis and Exploration of the Theory of Competitive Ability

Structure Model

Lu Shi^a

School of Physical Education, Shaanxi Normal University, Shaanxi 710119, China

^a251272703@qq.com

Abstract: In this study, the relevant theories of "construction and development of competitive ability structure model" are analyzed by means of literature and logic analysis. The conclusion is that we should know more about the relationship between the every capacities of competitive ability, and clarify the required sub-energy of each project training stage; force and maintain the dynamic balance of competitive ability on the basis of "unbalance".

Keywords: competitive ability, structure model, construction, development.

1. INTRODUCTION

Competitive sports in the rapid development of the 20th century, not only makes the social functions of competitive sports gives its powerful commercial value, and the results of the competition level, coaches and athletes is in constant pursuit of higher, faster, stronger. Athletes who want to compete and get excellent results must have a high level and ability of competition. The athletic ability of an athlete is composed of several sub-capacities. Coaches training plan before, and the relationships between athletic ability of each athlete and each project or the emphasis of the different stages of different capacity and theoretical exploration, promote the competitive ability of the development of the theory of structure model.

2. THE STRUCTURE MODEL OF COMPETITIVE ABILITY AND ITS THEORETICAL DEVELOPMENT

2.1 Competitive ability structure model

Athletic ability is composed of physical ability, skill, tactical ability, mental ability and intelligence [1]. It is the athlete's ability to take part in the competition. How to improve athletic ability through scientific training? This has always been one of the hot issues in sports training theory research. Over the years, scholars at home and abroad for structural model to build competitive ability in sports training, has carried on the positive exploration and thinking, put forward the "Gemini model, Clay theory, Alloy theory, Ball theory", and many other models,

these models play a guiding role in the improvement of competitive ability, whether it is the structural feature of competitive ability or its functional characteristics.

Table 1. Static competitive ability structure model

Model theory	meaning
Buckets model	Competitive ability is not determined by the most dominant ability, it is decided by the short board.
building block model	Strengths can compensate for weaknesses.
Clay theory	The integration of factors.
Alloy theory	The overall performance is formed by the interaction and mutual restriction of the properties of each component.
ball theory	Changes in any element can be represented by the change of the elasticity of the ball.

Table 2. Dynamic competitive ability structure model

Model theory	meaning
The unbalanced structure and compensation	There is an imbalance between abilities. In a certain range, the advantage can compensate and compensate for the inferior ability
Spatiotemporal synergy theory	The higher the coordination level between the various time and space factors of competitive ability, the higher the satisfaction degree of athletes' competitive ability
Composite quality theory	The five sports quality and competitive ability are combined according to the characteristics of the project
Pyramid model	Mutual constraints promote each other
Gemini model	The wooden bucket model and the building block model are combined into Gemini model

2.2 development of the competitive ability structure model

In 1987, the wooden barrel model was introduced into the field of sports training to explain the interrelationship between competitive sports training content, from then on, the scholars at home and abroad have opened the door to construct athletic ability structure model. With the development of modern competitive sports more and more professional and commercialized, athletes need to train in full force to improve their competitive ability. And the construction of competitive ability structure model is a constant exploration of the interrelation between the various capacities of athletes' competitive ability and their every capacities, these provide the theoretical basis for the coach to carry out scientific and effective sports training.

3. COMBINING THE STRUCTURE MODEL OF COMPETITIVE ABILITY

Since 1897, domestic and foreign scholars put forward many model theory is used to explain the athletes' competitive ability structure, according to the connection between the competitive ability of the athlete, the author thinks that can be roughly divided into two types: static and dynamic.

The process of understanding the essence and law of competitive ability is actually the process of constructing object structure with subjective understanding. In competitive ability in the process of model building structure, main body will increase the knowledge level to a higher stage. That is to say, the scholars to explore and the competitive ability of structure model is to build a complete competitive ability of the real structure of the bridge, each appropriate in athletics ability structure model is a big step we build completely competitive ability of the real structure.

3.1 Practical application of competitive ability structure model

Human beings in the process of understanding things, limited by knowledge level, can only be infinitely close to the truth, but it is hard to reach the truth [2], means that any training theory there are some deficiencies and defects. The theory of competitive ability structure model cannot fully explain the athletic training content of athletes. For example, the wooden barrel model simply combines the every capacities of competitive ability without elaborating the relevance of each capacity; The clay theory is a simple fusion of each ability, and does not discuss the changes after fusion; The theory of compound quality emphasizes the positive transfer of all qualities and ignores the existence of negative transfer.

4. THE THINKING AND EXPLORATION OF THE THEORY OF COMPETITIVE ABILITY STRUCTURE MODEL

4.1 In-depth understanding of the relationship between every capacities

The main body of the research on the structural model of competitive ability is human, and different subjects view the problem from different perspectives, and the different research methods are different, and different research results will be obtained. From different perspectives, we can understand the competitive ability and analyze the role of each ability to improve the athletic ability of the athletes, and there will be many results for the understanding of the ability of competitive ability, the relationship between competitive ability of the athlete is complex, is not a simple superposition of various factors, seepage, is also not entirely migration between each other, complement each other, so need to go deeper understanding, explore the connection between them [3]. Knowledge is a complex process, and we are constantly approaching the truth in our exploration and research.

4.2 Clarify the sub-capabilities of each project training phase.

From different practical processes, competitive sports are composed of athletes' selection, sports training, sports competition and competitive sports management[4].Sports training is the core of competitive sports, and the content, method, means and load of sports training should be determined according to the athletes' projects. The degree to which an athlete needs to be developed at different stages of training is different. For example, in the aspect of physical fitness, high jump athletes and decathlon athletes will have different requirements in terms of speed, strength and flexibility. Therefore, when training the athletes' ability to compete, they should give full consideration to the characteristics of each project, the individual situation of the athletes and the athlete's ability to focus on the project training stage.

4.3 The dynamic balance of competitive ability structure is maintained on the basis of "non-balance".

Each individual athlete's ability of individual competitive ability is not invariable, but is constantly developing, the development of each constituent element is in an unbalanced state [5].In a philosophical sense, the existence of such an unbalanced state is absolute.Therefore, the athlete's competitive ability can be better developed and improved when the relative dynamic balance needs to be reached between each of the athlete's sub-abilities.Because during the training, the training load of the athletes is constantly changing, and the new training quantity and training intensity are continuously accepted, thus breaking the original dynamic balance.If for these new training load regulation and make it more scientific and reasonable, the athletes will establish a higher level of dynamic balance, get a better level of competitive ability, to achieve high competitive level.

Competitive ability structure is always in the development of a dynamic balance, so in the process of building the structure model of competitive ability, accurately grasp the dynamic balance is the key of the development of the competitive ability.

REFERENCES

- [1] Mailong Tian, Daqing Liu, yan Xiong. The development of competitive ability structure theory and the establishment of "Gemini model". Sports science, 2007, 27 (7):3-6.
- [2] Fengwu Yan. Philosophical reflection on the construction of competitive power structure model.Journal of sports adult education, 2011, 27 (5):40-42.
- [3] Yingbo Zhang. The spatio-temporal coordination theory of the transfer of competitive ability of the athletes with the fast power of physical ability. Sports Science, 2000, 20 (4):24-28.
- [4] Yan Li, Yunzhen Dong, Ke Li. Analysis and new discussion on the structural model of competitive ability--the establishment of the ball theory model.independent innovation and sustainable growth China association for science and technology annual meeting.2009.

- [5] Daqing Liu. Theory of compensation for non-equilibrium structure of athletes' athletic ability. *Sports science*, 2000, 20 (1):43-46.