

Study on the present situation and countermeasures of amateur track and field training for junior middle school students in Neiqiu County, Xingtai

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Abstract

In recent years, Our country attaches more and more importance to school education. Our government attaches great importance to the physical and mental health development of middle school students, and has issued a series of documents and policies to promote the all-round development of students. Track and field sports is a healthy sports project, middle school students through participating in track and field sports can not only enhance their physique, improve their physical quality, more importantly, can stimulate students' interest in sports, and then form a good habit of sports. But at present, the situation of track and field sports in many schools is not ideal, which affects the physical and mental development of students to a certain extent. In xingtai city hill county junior high school students amateur track and field training situation as the research object, aiming at the condition of the amateur track and field training of junior secondary school students to analyze the development of the track and field in the region, points out the xingtai city hill county junior high school students the problems existing in the track and field training, and puts forward the reasonable improvement Suggestions, aimed at enhancing xingtai city hill county junior high school students of track and field, To promote the smooth development of track and field sports in this area and improve the physical quality of middle school students.

Keywords

Track and field training; Junior high school students; Neiqiu County, Xingtai.

1. Introduction

In recent years, China has attached increasing importance to school education. The Chinese government has paid great attention to the physical and mental health development of middle school students and issued a series of documents and policies to promote their all-round development. Track and field, known as "the mother of sports," includes various sports forms such as walking, running, jumping, and throwing in physical education. Middle school students' participation in fun track and field activities can not only enhance their physical fitness but also stimulate their interest in sports, thereby fostering good exercise habits. In 2014, China's sports education authorities pointed out that adolescents can participate in sports activities organized by both schools and after-school training institutions to continuously improve their physical fitness and overall capabilities. These policies have pointed out the direction for the development of youth sports in China. Track and field, as a collective sport, is highly popular. After the government proposed piloting track and field programs, many schools began to develop track and field activities, and social track and field training venues have also developed accordingly. However, with the widespread development of track and field, problems in its implementation have gradually emerged. Most parents fail to understand the true meaning of track and field, considering it merely as simple running. "Everyone can run, so what's there to learn?" they think. Although physical education teachers teach content with substantial

significance, it deviates from parents' expectations for their children's growth, who perceive track and field as merely training students to run well, with no practical value. This has led to a lack of enthusiasm among middle school students in participating in amateur track and field, affecting the effectiveness of its implementation. Against this backdrop, this paper conducts a questionnaire survey on the participation of junior high school students in amateur track and field in Neiqiu County, Xingtai City, aiming to enhance their enthusiasm and improve the effectiveness of amateur track and field programs.

2. Research Objects and Methods

2.1. Research Objects

This study focuses on the current status of track and field training among junior high school students in Neiqiu County, Xingtai City. It conducts questionnaire surveys among track and field coaches and junior high school students in Neiqiu County.

2.2. Research Methods

2.2.1. Literature Review Method

Relevant materials on the development of middle school track and field were collected through literature retrieval and library research. Content related to the research theme was extracted, reviewed, and integrated to support the writing of this paper.

2.2.2. Questionnaire Survey Method

To understand the status of amateur track and field training among junior high school students in Neiqiu County, questionnaires were distributed to physical education coaches and students in local junior high schools. A total of 20 questionnaires were randomly distributed to track and field coaches, with 18 valid responses (a 90.0% valid recovery rate). For students, 300 questionnaires were distributed, with 280 valid responses (a 93.3% valid recovery rate). The collected data were used for theoretical analysis.

2.2.3. Interview Method

Interviews were conducted with managers of middle schools in Neiqiu County to gain in-depth insights into the implementation of track and field training.

2.2.4. Data Statistics Method

The data from the recovered questionnaires were sorted and analyzed using Excel to enrich the theoretical framework of the paper and enhance its logical coherence.

3. Investigation and Analysis of the Current Status of Amateur Track and Field Training in Neiqiu County's Junior High Schools

3.1. Current Status and Analysis of Coaches Participating in Amateur Track and Field Training in Neiqiu County's Middle Schools

3.1.1. Age and Gender Structure of Coaches

As shown in Table 1, among the track and field coaches in Neiqiu County's middle schools: 3 coaches (16.7%) are under 25 years old; 8 coaches (44.4%) are aged 25–35; 5 coaches (27.8%) are aged 36–45; and 2 coaches (11.1%) are over 46. The age distribution is uneven, with a concentration in the 25–35 age group, indicating a relatively young coaching team, which may imply insufficient teaching experience.

In terms of gender: 14 coaches (77.8%) are male, and 4 coaches (22.2%) are female, reflecting an imbalance with a shortage of female coaches.

Table 1 Age and Gender Structure of Coaches in Neiqiu County (N=18)

Category	Number of people	Percentage (%)	
Age	Under 25 years old	3	16.7
	25–35 years old	8	44.4
	36–45 years old	5	27.7
	Over 46 years old	2	11.1
Gender	Male	14	77.8
	Female	4	22.2

3.1.2. Educational Background and Professional Titles of Coaches

Table 2 shows the educational background of the coaches: 2 coaches (11.1%) have a high school education or below; 11 coaches (61.1%) have a junior college degree; 4 coaches (22.2%) have a bachelor's degree; and 1 coach (5.6%) has a postgraduate degree. This indicates a generally low educational level, with most holding junior college degrees, which may limit their ability to provide professional guidance to students. Regarding professional titles: 10 coaches (55.6%) hold primary titles; 6 coaches (33.3%) hold intermediate titles; and 2 coaches (11.1%) hold senior titles. Most coaches have primary titles, indicating significant room for improvement in their overall competence.

Table 2 Educational Background and Professional Title Structure of Track and Field Coaches in Neiqiu County (N=18)

Category	Number of people	Percentage (%)	
Educational Background	Senior high school and below	2	11.1
	Junior college	11	61.1
	Bachelor's degree	4	22.2
	Above bachelor's degree	1	5.6
Professional Title	Primary title	10	55.6
	Intermediate title	6	33.3
	Senior title	2	11.1

3.1.3. Motivation of Coaches to Participate

Table 3 reveals the motivations of coaches to engage in track and field training: 4 coaches (22.2%) aim to cultivate track and field talent; 11 coaches (61.1%) participate to fulfill teaching tasks; and 3 coaches (16.7%) are driven by personal interest. The primary motivation is to complete teaching tasks, reflecting a lack of personal interest in track and field training.

Table 3 Motivation for Track and Field Coaches' Participation (N=18)

Motivation Category	Number of people	Percentage (%)
Cultivating track and field talents	4	22.2
Fulfilling teaching tasks	11	61.1
Personal interest	3	16.7

3.1.4. Work Attitude of Coaches

Table 4 shows the work attitudes of coaches: 6 coaches (33.4%) have a positive attitude; 8 coaches (44.4%) have a neutral attitude; and 4 coaches (22.2%) have a passive attitude. Most coaches have a neutral attitude, indicating a lack of enthusiasm and initiative in their work.

Table 4 Work Attitude of Track and Field Coaches in Neiqiu County(N=18)

Attitude Category	Number of people	Percentage(%)
Positive	6	33.3
Neutral	8	44.4
Passive	4	22.2

3.1.5. Participation in Training and Learning

Table 5 shows the frequency of coaches' participation in training: 2 coaches (11.1%) participate regularly; 5 coaches (27.8%) participate occasionally; 8 coaches (44.4%) rarely participate; and 3 coaches (16.7%) never participate. Overall, participation in training is low, despite its importance in improving coaching competence. Additionally, 5 coaches (27.8%) actively learn track and field knowledge, while 13 coaches (72.2%) rarely do so, indicating a lack of awareness of lifelong learning and initiative, which hinders the improvement of training quality.

Table 5 Training and Learning Status of Track and Field Coaches in Neiqiu County (N=18)

Situation Category		Number of people	Percentage (%)
Training	Regular participation	2	11.1
	Occasional participation	5	27.8
	Rare participation	8	44.4
	Never participate	3	16.7
Learning	Active learning	5	27.8
	Rarely learn	13	72.2

3.2. Basic Information of Students in Amateur Track and Field Training in Neiqiu County's Junior High Schools

3.2.1. Analysis of Students' Motivation to Participate

Table 6 Motivation of Middle School Students in Neiqiu County for Participating in Track and Field Training (N=280)

Motivation Category	Number of people	Percentage (%)
Parental requirements	34	12.1
Improve physical fitness	170	60.7
Hobbies/Interests	29	10.4
With peers	47	16.8

Table 6 shows the motivations of students to participate in track and field training: 34 students (12.1%) participate to meet their parents' requirements; 170 students (60.7%) aim to improve their physical fitness; 29 students (10.4%) are driven by personal interest; and 47 students (16.8%) participate to socialize with peers. Most students participate to enhance their physical fitness, while only a small proportion are motivated by interest, indicating insufficient enthusiasm.

3.2.2. Students' Interest in Track and Field Training

Table 7 Interest of Middle School Students in Neiqiu County in Participating in Track and Field Training (N=280)

Interest Category	Number of people	Percentage (%)
Very interested	34	12.1
Moderately interested	49	17.5
Not very interested	185	66.1
Not interested	12	4.3

Table 7 reveals students' interest levels: 34 students (12.1%) are very interested; 49 students (17.5%) are moderately interested; 185 students (66.1%) are less interested; and 12 students (4.3%) are not interested. Most students have low interest, reflecting a lack of enthusiasm for participation.

3.2.3. Students' Academic Performance

Table 8 Cultural Learning Status of Middle School Students in Neiqiu County in Track and Field Training (N=280)

Content Category	Number of people	Percentage (%)
Theoretical knowledge	153	54.6
Motor skills	59	21.1
Tactics and strategies	35	12.5
Competition rules	18	6.4
Sports injuries	15	5.4

Table 8 shows the focus of students' academic learning: 153 students (54.6%) focus on theoretical knowledge; 59 students (21.1%) focus on practical skills; 35 students (12.5%) focus on physical fitness; 18 students (6.4%) focus on teamwork; and 15 students (5.4%) focus on competition strategies. The emphasis is primarily on theoretical knowledge, with insufficient attention to other areas, resulting in an unbalanced learning content.

3.2.4. Students' Satisfaction with Coaches

Table 9 Satisfaction Level of Middle School Students in Neiqiu County with Coaches (N=280)

Degree Category	Number of people	Percentage (%)
Very satisfied	19	6.8
Satisfied	26	9.3
Neutral	34	12.1
Not very satisfied	186	66.4
Dissatisfied	15	5.6

Table 9 shows students' satisfaction with coaches: 19 students (6.8%) are very satisfied; 26 students (9.3%) are satisfied; 34 students (12.1%) are neutral; 186 students (66.4%) are less satisfied; and 15 students (5.6%) are dissatisfied. Most students are less satisfied, indicating low overall satisfaction.

3.3. Conditions of Track and Field Training in Junior High Schools in Neiqiu County

3.3.1. Venue and Equipment Conditions

Table 10 Survey on Track and Field Venues in Middle Schools of Neiqiu County

Venue Type	Material	Quantity (piece)
Indoor	Ceramic tiles	0
	Cement	1
	Wooden boards	0
	Rubber	1
Outdoor	Lawn	0
	Cement	2
	Soil	1

Table 10 shows the number of track and field venues: 1 indoor venue with a cement floor; and 4 outdoor venues, including 1 with a rubber floor, 1 with a dirt floor, and 2 with cement floors. Most outdoor venues have cement floors, which increase the risk of abrasions if students fall. The lack of indoor venues also prevents training during inclement weather.

Table 11 shows the availability of training equipment: 11.1% of respondents believe equipment is sufficient; 16.4% think it is barely sufficient; 64.6% find it insufficient; and 7.9% consider it severely insufficient. Equipment shortages fail to meet students’ training needs.

Table 11 Usage of Track and Field Training Equipment by Students in Neiqiu County (N=280)

Situation Category	Number of people	Percentage (%)
More than sufficient	31	11.1
Sufficient	46	16.4
Not quite sufficient	181	64.6
Insufficient	22	7.9

3.3.2. Sources of Funding for Amateur Track and Field Training

Table 12 Survey on Funding Sources of Amateur Track and Field Training in Neiqiu Count (N=18)

Funding Source Category	Number of people	Percentage (%)
Government appropriation	3	16.7
Sponsorship from sports authorities	2	11.1
School educational funds	11	61.1
Sponsorship from manufacturers	2	11.1

Table 11 also shows the sources of funding for track and field competitions: 16.7% of coaches report government funding; 11.1% cite sponsorship from sports departments; 61.1% rely on school educational funds; and 11.1% receive sponsorship from manufacturers. Funding primarily comes from school educational funds.

3.4. Problems in Amateur Track and Field Training in Neiqiu County's Junior High Schools

3.4.1. Inadequate Coach Competence

As shown in Table 1, coaches are predominantly young (25–35 years old) with a low proportion of female coaches. Most have junior college degrees and low professional titles, and few participate in training or learning, indicating a need to improve their professional competence.

3.4.2. Lack of Student Interest

Table 6 shows that students primarily participate to improve physical fitness, with only a small number motivated by interest. Table 7 indicates that 66.1% of students are less interested in training, reflecting low enthusiasm. Additionally, Table 8 shows an overemphasis on theoretical knowledge, limiting students' skill development and further reducing their motivation.

3.4.3. Shortage of Venues and Equipment

Table 10 highlights inadequate indoor venues and a prevalence of cement outdoor floors, which hinder training during bad weather and increase injury risks. Equipment shortages (Table 11) and limited funding—primarily from school budgets with minimal government support—restrict investments in venue construction and equipment procurement.

4. Conclusions and Recommendations

4.1. Conclusions

A questionnaire survey on track and field training in Neiqiu County's middle schools reveals the following:

1. Track and field coaches in Neiqiu County are predominantly young with junior college degrees. Few participate in professional training or learning, indicating a need to improve their competence.
2. Students primarily participate in track and field training to enhance physical fitness, with 66.1% showing low interest, reflecting insufficient enthusiasm.
3. Venues and equipment are inadequate. Funding relies mainly on school educational funds, with minimal government support, limiting investments in infrastructure and equipment.

4.2. Recommendations

4.2.1. Improve Coaches' Professional Competence

Recruit More Track and Field Teachers

Neiqiu County's middle schools should recruit more female track and field teachers and offer competitive salaries to attract and retain them. Female coaches often demonstrate greater patience, while male coaches may have stronger physical fitness. A balanced gender ratio among coaches can promote the healthy development of students' personalities.

Strengthen Coach Training

Professional coaches are crucial for the development of school track and field. Neiqiu County's schools should organize regular training programs to enhance coaches' theoretical knowledge and practical skills. Coaches should also cultivate a proactive learning attitude, continuously improving their expertise to better address students' questions and demonstrate standardized movements, thereby enhancing teaching quality.

4.2.2. Stimulate Students' Enthusiasm

Incorporate Track and Field Games

Coaches can integrate simple track and field games into teaching to increase (fun) and encourage students to engage actively. This will enhance their interest, improve learning outcomes, and promote the development of track and field in Neiqiu County's middle schools.

Diversify Teaching Content

Training should include not only theoretical knowledge and technical skills but also strategies for competitions and sports injury prevention. Competition strategies help students perform better in events, while injury prevention knowledge is essential for adolescents to avoid long-term harm from incorrect practices, reducing accident risks.

4.2.3. Improve Venues and Equipment

Increase School Funding for Sports

Venues and equipment are the material foundation of track and field training. Neiqiu County's schools should allocate more educational funds to expand venues (including indoor facilities) and procure sufficient equipment. Reducing reliance on cement floors and improving venue quality will ensure training continuity and safety.

Secure Government Funding Support

The Neiqiu County government should increase financial support for track and field facilities. Policies should be formulated to guarantee funding for track and field competitions, and efforts should be made to expand the influence of such events by incorporating commercial and entertainment elements to attract corporate sponsorships. Increased funding will enable better venue construction and equipment procurement, fostering a more supportive environment for track and field development in local middle schools.

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