

Research on the Current Dilemmas and Development Paths of the Regular Sports Team of Sichuan Agricultural University

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Abstract

The representative teams of sports in universities play a significant role in the construction and development of sports in our country's higher education institutions. It is necessary for us to systematically understand and examine these representative teams. This article conducts a survey study on nine regular sports teams at the Ya'an campus of Sichuan Agricultural University through methods such as questionnaires, literature review, and logical analysis. The research concludes the following realities faced by the regular sports teams at Sichuan Agricultural University: (1) The contradiction between athletes' studies and training is prominent, with unreasonable time arrangements for learning and training. (2) The selection method for athletes is relatively singular, leading to an overall insufficient level of the teams. (3) There is a lack of variety and frequency in sports events, resulting in fewer opportunities and instances for athletes to participate in competitions. (4) There are contradictions in the professional development needs of coaches, as the teaching needs of the teams conflict with the career development directions of the coaches themselves. (5) There is a lack of training venues and equipment for the regular sports teams at Sichuan Agricultural University. In response to the above situations, the following development paths are proposed based on the comprehensive survey data: (1) Rational development paths for athletes' study and training needs - offering elective training courses. (2) Expanding the channels for selecting athletes for the regular sports teams at Sichuan Agricultural University. (3) Formulating rational development paths for the professional development needs of coaches. (4) University leaders at Sichuan Agricultural University should give sufficient attention to the regular sports teams. (5) Improving and enhancing the sports facilities and equipment at Sichuan Agricultural University. (6) Increasing the number of sports competitions both on and off campus.

Keywords

Sports regular representative teams, university sports, development path.

1. Research Objects and Methods

1.1. Research Object

Sichuan Agricultural University Ya'an Campus9Coaches and athletes of various sports teams.

1.2. Research Methods

1.2.1. Literature Review Method

Relevant literature on sports teams was retrieved from CNKI and Wanfang Data as research reference materials. Literature and statistical data related to the development suggestions and challenges faced by sports teams were referenced.

1.2.2. Questionnaire Survey Method

Based on literature research and in-depth interviews, two sets of questionnaires were designed for coaches and athletes. Questionnaires were distributed to coaches of the men's volleyball, orienteering, martial arts, men's football, and men's basketball teams from the regular sports teams at Sichuan Agricultural University Ya'an Campus, with 9 questionnaires distributed and 9 valid responses collected. A total of 128 questionnaires were distributed to athletes, with 120 valid responses collected. The effective response rate for coaches was 100%, and the effective response rate for athletes was 93.8%.

1.2.3. Mathematical Statistics Method

Excel software was used to statistically process the collected valid data, and the results were analyzed for a deeper investigation of the issues.

1.2.4. Expert Interview Method

According to the needs of this research, visits were made to the teachers responsible for the sports teams on campus, conducting targeted interviews regarding the current situation, main issues, and countermeasures of the sports teams at Sichuan Agricultural University.

1.2.5. Logical Analysis Method

Using logical methods such as comparison, induction, and reasoning, a comprehensive analysis is conducted on the literature, data from surveys, and expert opinions.

2. Research Results and Analysis

2.1. Analysis of the Current Situation of the Regular Sports Teams of Sichuan Agricultural University

2.1.1. The basic situation of the regular sports teams of Sichuan Agricultural University

The regular sports teams of Sichuan Agricultural University include: men's basketball, men's volleyball, men's football, orienteering, badminton, sports dance, aerobics, martial arts, and athletics, totaling 9 regular sports teams. The Sports College of Sichuan Agricultural University has evolved from the Sports Teaching and Research Office of the Academic Affairs Office of Sichuan Agricultural College in 1956. In 1957 the school organized and carried out weekly training tasks for teams in athletics, gymnastics, basketball, and volleyball three times a week. By 1979, teams for aerobics, football, swimming, and others were gradually added, and specialized courses and key project courses began to be established. From 2016 to the present, sports dance and orienteering have been included in the regular teams. Since then, the regular teams for athletics, men's football, men's basketball, men's volleyball, and martial arts have developed well one after another, and in this process, the current scale of the sports teams has been continuously accumulated, with systematic regulations established regarding training time, training content arrangement, and athlete selection.

2.1.2. Training Time and Frequency of the Regular Sports Teams of Sichuan Agricultural University

Table1 Training Time and Frequency of the Regular Sports Teams of Sichuan Agricultural University

Representative Team	Training Frequency	Training Time	Training Duration (min)
Athletics	Every Tuesday and Friday (2 times)	16:20	90
Men's Football	Every Tuesday and Friday (2 times)	12:10	90

Men's Basketball	Every Monday to Friday (5 times)	18:00	90
Men's Volleyball	Every Tuesday and Friday (2 times)	16:20	90
Badminton	Every Tuesday and Friday (2 times)	16:20	90
Orienteering	Every Tuesday, Friday, and Sunday (3 times)	16:20	90
Aerobics	Every Tuesday and Friday (2 times)	16:20	90
Martial Arts	Every Tuesday and Friday (2 times)	16:20	90
Sports Dance	Every Tuesday and Friday (2 times)	16:20	90

Table 1 It shows that the training time is generally concentrated around 90 minutes, which basically meets the requirements for specialized technical training, ensuring that the representative team can carry out various training sessions, beneficial for maintaining athletes' physical condition and mastering sports skills. According to Table 2, the training frequency of the regular sports team at Sichuan Agricultural University is mostly concentrated at 2 or 3 times per week, proving that a training frequency of 2-3 times per week can better meet the training tasks and arrangements of the sports team, providing athletes with sufficient time for professional skill learning while also ensuring the recovery and development needs of their physical functions. [2]. However, the short training time on Tuesdays and Fridays and the insufficient training frequency may affect the training effectiveness and progress of athletes' performance, leading to a training volume that does not meet the growth needs of the athletes' results, resulting in stagnation in performance.

2.1.3. Training forms of the regular sports teams at Sichuan Agricultural University

Table 2 Training forms of the regular sports teams at Sichuan Agricultural University (n=9)

Representative Team	Training forms
Athletics	Year-round training plans, pre-competition training camps, and participation in internal and external competitions
Men's football	Year-round training plans, pre-competition training camps, and participation in internal and external competitions
Men's basketball	Year-round training plans, pre-competition training camps, and participation in internal and external competitions
Men's volleyball	Year-round training plans, pre-competition training camps, and participation in internal and external competitions
Badminton	Year-round training plans, pre-competition training camps, and participation in internal and external competitions
Orienteering	Year-round training plans, pre-competition training camps, and participation in internal and external competitions

Aerobics	Year-round training plans, pre-competition training camps, and participation in internal and external competitions
Martial Arts	Year-round training plans, pre-competition training camps, and participation in internal and external competitions
Sports Dance	Year-round training plans, pre-competition training camps, and participation in internal and external competitions

Table2It can be seen that in the training forms of the regular sports teams at Sichuan Agricultural University, the training forms of the 9 regular teams are mainly based on year-round training, pre-competition training camps, and participation in internal and external competitions. The survey shows that Sichuan Agricultural University places great importance on team training and athlete development, viewing it as a normalized training and teaching task, which is beneficial for the normal advancement of the training and teaching tasks of the representative teams, while also promoting athletes to develop good training habits and continuously enhance their professional skills.

2.1.4. Training equipment and venues of the regular sports teams at Sichuan Agricultural University

Table 3 Training Equipment and Venues for the Regular Sports Teams of Sichuan Agricultural University

Representative Team	Training venue	Training equipment
Athletics	Two athletic fields in the old and new campuses, one indoor training room	Two starting blocks, two starting pistols, two measuring tapes, two high jump stands, eighteen shot puts, indoor training equipment
Men's Football	Three football fields in the old and new campuses	Fifty-seven footballs, three sets of team uniforms, thirty marker cones, two sets of corner flags, three sets of referee flags
Men's Basketball	Basketball courts in the old and new campuses and Area Two	Seventy-eight basketballs, two sets of team uniforms
Men's Volleyball	Volleyball court in the old area	One passing trainer, two question mark spikers, two ball carts, two boundary flags, two net blockers, volleyball24piece
Badminton	indoor badminton court in the old campus	equipment provided
Orienteering	various sports venues with prepared orientation maps	orientation maps, 50 compasses, 30 marking flags, 36 punching devices
Aerobics	aerobics room in the old area	speaker equipment
Martial Arts	wushu room in the old area	one wushu mat, over 100 sets of swords, spears, staffs, and sabers
Sports Dance	one dance venue in the old area	Speaker equipment, equipped with built-in

Table 3 The data shows that the training facilities can meet basic training requirements, with corresponding training equipment for various training contents. However, there is a relatively consistent training time among various regular teams, and the venues are also occupied by other students' daily activities. Therefore, there is still a significant demand for venue equipment. The limited training conditions, lack of indoor training facilities, and inability to meet the requirements for multiple teams to train simultaneously have led to low teaching and training efficiency. Thus, the insufficient teaching and training venues and the lack of indoor training facilities are one of the difficulties in the development of the teams.

2.1.5. Training Plan for the Regular Sports Teams of Sichuan Agricultural University

Table 4 Training Plan for the Regular Sports Teams of Sichuan Agricultural University (n=9)

Representative Team	Training Content
Athletics	Flexibility exercises: lifting, stretching, and various forms of circular exercises in the upward and lateral directions with both arms, bending, stretching, kicking, swinging with both legs, and various activities involving bending and stretching of the body. Coordination-specific exercises, calisthenics, marching drills, skill-related practices, as well as speed and agility training: high-knee running with acceleration during marching, acceleration runs of about 50 meters, standing starts of 30-40 meters, and various quick reaction exercises of 30 meters.80Acceleration running exercises and various types of running practices.
Men's Football	Non-ball physical fitness training and specialized ball training: juggling, receiving and stopping the ball, dribbling, passing and receiving, heading, and shooting specialized training; match training: simulated match team confrontations to adapt to match intensity.
Men's Basketball	Physical fitness training combined with quick passing and receiving, various running and defensive training on the court; specialized training: shooting training, rebounding, passing and receiving, tactical and technical practice; match training: simulated match team confrontations to adapt to match intensity.
Men's Volleyball	Technical training: passing and receiving practice, serving practice, blocking and spiking training; physical fitness training: endurance, flexibility training, and flexibility exercises; match training: simulating real matches to adapt to match rhythm.
Badminton	Specialized physical fitness exercises, badminton swing practice, basic techniques practice (lifting, dropping, net play, high and far shots, smashing, etc.), tactical coordination practice, and match practice.
Orienteering	Use of training equipment such as physical fitness exercises and specialized running exercises, compasses, maps, check-in devices, and marker flags, as well as on-campus and off-campus practical running map training.
Aerobics	Basic skill training: body posture exercises, basic routine combination exercises, basic step combination exercises, flexibility exercises, aerobics routine combination exercises, difficulty action exercises, and organizing students to create team exercises.
Martial Arts	General physical fitness exercises (such as speed and strength training), specialized physical fitness exercises (upper body with various dance movements and quick combination actions using knives, guns, sticks, and swords; lower body with exercises like whirlwind kicks and spinning jumps), specialized training for difficult actions, and specialized training for routine movements.
Sports Dance	Personal technical ability training, musical sense cultivation training, gold, silver, and bronze medal routine training, enhanced creative dance training, and improved routine quality training.

Table 4 shows that the training content of the regular sports team at Sichuan Agricultural University has a clear training schedule each semester, and detailed teaching training plans are submitted. The teaching content is relatively rich, including preparatory activities before training, physical fitness exercises and specialized technical exercises during training, and relaxation and stretching activities after training. The teaching content is relatively complete, ensuring that athletes meet the requirements for specialized technical training while also providing conditions for the recovery of their physical functions.

2.1.6. Training funding for the regular sports team at Sichuan Agricultural University

Table 5 Training funding for the regular sports team at Sichuan Agricultural University

	Athlete training subsidies	Coach training subsidies
Regular training	5 yuan per person per time	Compensation of 64 class hours per person
Holiday training	20 yuan per person per day	60 yuan per person per day
Participation fee	Self-funded	

Table 5 It shows that in terms of funding, Sichuan Agricultural University has a management method for sports special teams. The training subsidies for athletes and coaches are funded by the university's sports committee's special funds. However, the training subsidy funds for the representative team cannot meet the needs of the team for training and competition. The sources of training funds are single, and the training subsidies are low. Most students need to participate in training and competitions at their own expense. The lack of diversity in funding assistance and the shortage of funds also affect the healthy development of the representative team of Sichuan Agricultural University.

Table 6: Award subsidies for the regular sports teams of Sichuan Agricultural University

	National competitions (individual) / National College Student Games (comprehensive)	National college student competitions (individual)	Sichuan Province Sports Games (Comprehensive)	National Competition (Association) Sichuan Province Competition (Individual)/Sichuan Province College Students Sports Games (Comprehensive)	Sichuan Province College Students Competition (Individual)/Southwest Region Competition (Association)	Ya'an City Competition
First Place	2000	1500	1200	800	400	200
Second Place	1500	1200	1000	600	300	150
Third Place	1200	1000	800	400	200	100
Fourth Place	1000	800	600	300	150	80
Fifth Place	800	600	500	200	100	60
Sixth	700	500	400	150	80	50
Seventh place	600	400	200	100	60	40
Eighth place	500	300	200	100	60	40
Fashion Award	200	100	100	100	50	50

According to the chart 6 It can be seen that Sichuan Agricultural University Sports College has formulated the "Reward Measures for Participating in Sports Competitions at Sichuan Agricultural University" to further improve the competitive sports level of our school and to provide corresponding subsidies to athletes, coaches, team leaders, and staff who achieve the admission rankings specified by the conference. This system is beneficial for the development of the regular sports teams of Sichuan Agricultural University.

2.1.7. Management of Sichuan Agricultural University Regular Sports Teams

Table 7 Management of Sichuan Agricultural University Regular Sports Teams		
Management Body	Sports Committee	
Management content	Team Configuration	A sports representative team is established by selecting outstanding athletes, and team leaders and coaches are assigned to the team.
	Training schedule setting	Training twice a week, 90 minutes each time
	Training attendance assessment	Set training assessment requirements, arrange for coaches to conduct strict assessments, keep records, and upload them.
	Training support	Distribution of training subsidies and expenses for regular medical supplies
	Team culture building	Requirements for athletes' thoughts, attitudes, and participation during training

Table 8 Personnel Setup of the Sports Committee	
Director	Zhang Qiang
Executive Deputy Director	Wang Jianqiang
Deputy Director	Wu Xiaobin, Chen Zhonggui, Li Wusheng, Yang Ying
Committee Member	Ding Lin, Li Tingxuan, Liao Peng, Li Mingzhou, Zhou Wenjun, Liu Zhigang
	Zhu Biquan, Zhu Changwen, Huang Chengyi, Wang Li, Zhang Xi, Zeng Xiaobo, Hou Li, Zhu Yuxin, Hu Yongbo, Jiang Ying, Hu Xun, Pan Hong, Fu Ruiqiong, He Yun, Nie Kunlun, He Zufeng, Li Mingyan, He Renhui, Li Jianqiang, Li Jingbo, Qin Zhixiang, Zhuang Pingping, Zhang Hongxia, Zhao Zhongguo
Office Director	Yang Jun

From Tables 7 and 8, it can be seen that the regular sports team of Sichuan Agricultural University has a clear management system, with defined responsibilities, directly managed and overseen by the Sports Committee. The committee consists of multiple leaders from both the university and college levels, which demonstrates Sichuan Agricultural University's emphasis on the development of its sports teams. Relevant competition goals, training subsidies, and teaching arrangements have been established for the teams, along with specific requirements and obligations for student athletes and coaches. However, there are shortcomings in the evaluation system for athletes and coaches, as well as in the recognition of their achievements. The overall institutional mechanism set up for the regular sports team at Sichuan Agricultural University is beneficial for its development, but improvements are still needed in the evaluation system for students and coaches, as well as in the subsidy and support mechanisms.

2.1.8. Athlete Situation of the Regular Sports Team at Sichuan Agricultural University

Table 9 Composition of Athletes in the Regular Sports Team at Sichuan Agricultural University (n=120)

Team Composition	Frequency	Percentage (%)
Freshman	45	37.5
Sophomore	31	25.8
Junior	32	26.7
Senior	12	10.0

According to the table9It can be seen that the composition of the members of the regular sports team of Sichuan Agricultural University mainly consists of students from the first, second, and third years, with only a small number of fourth-year students still training with the team. The main members of the team are concentrated among the students from the first to the third year.

Table 10: Athletic Ability of Athletes in the Regular Sports Team of Sichuan Agricultural University (n=120)

	Frequency	Percentage (%)	Cumulative Percentage (%)
Level One and Above	0	0	0
Level Two Athletes	12	10.0	10.0
Training foundation	93	77.5	87.5
Hobbies and interests	15	12.5	100.0
Total	120	100.0	

According to Table 10, only 10% of the students in the regular sports team of Sichuan Agricultural University entered the team with a level of national second-level athlete or above. The insufficient entry level limits the development space of the team and is not conducive to the team achieving better awards in various large-scale competitions. There is a significant shortfall in athlete selection. The proportion of team members with a training foundation and hobbies is 90%, indicating that the team is beneficial for athletes in improving their sports skills and cultivating their interests. However, there are still issues in the training of high-level athletes, and the insufficient level of athletes directly affects the healthy development of the sports team.

Table 11 System Training Impact on Team Members' Learning and Life (n=120)

	Frequency	Percentage (%)	Cumulative Percentage (%)
Severely affected	0	0.0	0.0
Significant impact	12	10.0	10.0
Moderate impact	63	52.5	62.5
Slight impact	36	30.0	92.5
No impact	9	7.5	100.0
Total	120	100.0	

Table11The data shows that feedback from athletes who participated in system training indicates that participating in system training can affect their learning and daily life. The main negative impacts are conflicts between training time and study time, and physical fatigue leading to poor learning outcomes. However, a majority of students also reported that training has a noticeable positive impact on them, such as improvements in physical fitness and

enhancement of professional skills. Therefore, the conflict between study and training has not been fundamentally resolved, and the reality of study-training conflict still exists.

2.1.9. Situation of Coaches in the Regular Sports Team of Sichuan Agricultural University

Table 12 Situation of Coaches in the Regular Sports Team of Sichuan Agricultural University (n=9)

Variable	Category	Frequency	Percentage (%)
Age	35 years old and below	3	33.3
	36-45 years old	3	33.4
	46-55 years old	2	22.2
	Over 55 years old	1	11.1
Title	Lecturer	6	66.7
	Associate Senior	3	33.3
	Senior	0	0
Teaching Experience	5 years or less	1	11.1
	6-10 years	4	44.5
	11-15 years	3	33.3
	More than 15 years	1	11.1

Table12Data shows that the age of teachers in the regular sports representative team of Sichuan Agricultural University is generally concentrated between 35 and 55 years old. In terms of teacher title data, coaches are mainly held by school lecturers, and the teaching experience of teachers is mainly concentrated among those with 6-15 years of experience. However, there is a lack of high-level coaches, with most coaches being at the national second-level athlete level, limited teaching ability, and a shortage of coaches at the first-level or above for teaching guidance, resulting in relatively insufficient coaching levels.

Table 13 Relationship between coaching, title evaluation, teaching work, and research work of coaches in the regular sports representative team of Sichuan Agricultural University (n=9)

	Coaching and Title Evaluation	Coaching and Teaching Work	Coaching and Research Work
Serious conflict	0	0	0
Major conflicts	3	0	5
General conflicts	6	3	3
No conflicts	0	6	0

According to the table1It can be seen that the time and energy spent by the coaches of the regular sports team of Sichuan Agricultural University during their coaching process have significant conflicts with their research work while in position. The time spent on coaching, training, and competitions affects the progress of the coaches' research work. The performance of the representative team also becomes a factor influencing the evaluation of the coaches' professional titles to some extent, but there is a lack of clear policies and systems to regulate this.

2.1.10 Participation of the regular sports team of Sichuan Agricultural University in internal and external competitions

Table 14 Participation of the regular sports team of Sichuan Agricultural University in internal and external competitions (n=9)

Type of competition	Annual number of competitions	Frequency	Percentage (%)
National and provincial-level off-campus sports competition projects	6 times or more	1	11.1
	4-6 times	1	11.1
	2-4 times	7	77.8
	Less than 2 times	0	0
In-school sports competition projects	6 times or more	0	0
	4-6 times	1	11.1
	2-4 times	8	88.9
	Less than 2 times	0	0

Table 14It shows that the regular sports team of Sichuan Agricultural University has significant deficiencies in participating in sports competitions. The number of times participating in national and provincial-level competitions is mostly concentrated at 2-4 times each year, and the scale and frequency of competitions cannot meet the needs of students. Furthermore, due to the limitation of competition quotas, many students have not truly participated in various sports competitions, indicating that the regular sports team of Sichuan Agricultural University still has room for further development in conducting and participating in sports competitions. The competitions they participate in, such as the "Gongga Cup" and other provincial-level and above events, are mostly held with schools that have high-level recruitment qualifications, leading to an unequal competitive level, making it difficult to achieve excellent results. As a result, the competition awards for the team are generally not very ideal, and it is challenging to obtain good results in high-level events at the provincial level and above, which is another dilemma for the development of the team.

2.2. Analysis of the current development dilemmas of the regular sports team of Sichuan Agricultural University

2.2.1. Athletes Learning Training Contradictions

The majority of the athletes in the regular sports team of Sichuan Agricultural University come from students enrolled in the School of Physical Education. These students need to balance professional training and cultural studies during their time at school, and they must complete the training tasks of the representative team. This leads to unreasonable scheduling of study and training time, resulting in conflicts between learning and training.The training of the regular representative team of Sichuan Agricultural University is mostly scheduled for at least two training sessions per week, while the sports team of Sichuan Agricultural University basically trains daily or even twice a day during the pre-competition training period. The training time is relatively long, and the training schedule is quite full. Most of the fixed training times are mixed with extracurricular activities or other teaching arrangements, making it difficult to ensure the implementation of each teaching and training plan to a certain extent. The lack of effective training makes it hard to improve professional technical skills, and participation in various competitions tends to come from students with strong professional skills and high training participation. This causes some athletes to worry about their future

development during their time at school, which is reflected in their unwillingness to invest more time and energy into training and competitions, leading to stagnation or even decline in their athletic performance. Therefore, the prominent contradiction between study and training is one of the important factors restricting the development of the regular sports team of Sichuan Agricultural University.

2.2.2. Number of Athletes and Insufficient Abilities

The recruitment of members for the regular sports team of Sichuan Agricultural University has not formed a complete talent chain. The team members are mainly composed of students who have passed the physical education college entrance examination and were selected to join the team after enrollment. The team lacks high-level athletes and outstanding sports talents selected through special sports admissions. The overall level of team members is relatively low. According to surveys, very few members meet the national second-level athlete standard, and most join the team based on their previous sports foundation or interest in the sport. Due to the small number of freshmen participating in the team, some students have not been exposed to certain sports, leading to difficulties in recruitment for some teams. Additionally, since the school's recruitment mostly consists of male students, the number of female athletes is relatively low, making it difficult to form and develop some women's teams, resulting in limited choices for team members. This has led to challenges in the development of women's teams at Sichuan Agricultural University. Therefore, the professional level of sports major students is insufficient, and the relatively singular athlete selection mechanism results in a poor overall level of the representative team, making it difficult to achieve excellent results in high-level competitions.

2.2.3. Lack of Variety and Frequency of Sports Events and Insufficient Competition Results

According to survey data, the regular sports team of Sichuan Agricultural University participates in competitions mostly 2-3 times a year, and this frequency is insufficient to meet the needs of the team. Some athletes have only 1-2 competition experiences after 2-3 years of training. The number of external competitions is low, and some teams are unable to conduct effective sports competitions on campus. For example, martial arts, athletics, and aerobics may struggle to hold even one competition activity on campus in a year, greatly reducing the number of opportunities for athletes to participate in competitions and hindering their effective development. The conduct of sports competitions is beneficial for students in terms of teamwork and personal development, and participating in competitions also helps athletes demonstrate their courage in facing challenges and their pursuit of success. Therefore, the lack of sports competitions is detrimental to the healthy development of the representative team. The scarcity of competitions and the difficulty of participation can significantly undermine athletes' confidence and willpower, which is not conducive to the long-term healthy development of the sports representative team. [7] Secondly, the competition results of the regular sports team of Sichuan Agricultural University are also unsatisfactory, with few awards won. The awards are mainly concentrated in events such as martial arts and orienteering, while sports like football, basketball, and volleyball struggle to gain national recognition. The team has few awards in provincial and higher-level competitions, and the difficulty of winning is high. This is another major issue in the development of the regular sports team at Sichuan Agricultural University. How to enhance the team's competitiveness and strive for better rankings in various competitions is also a problem that needs to be addressed now.

2.2.4. The contradiction in the professional development needs of coaches and the lack of high-level coaches

The sports team of Sichuan Agricultural University has a broad foundation for development, while there is a strong demand for its performance value. Therefore, the coaching work of the

sports team at Sichuan Agricultural University is an inevitable direction for the teachers of the sports major at the university. However, this indispensable teaching demand conflicts with the professional development direction of the teachers themselves. The specialized training work has not received the attention it deserves in the professional development of sports teachers at Sichuan Agricultural University. The development of sports major teachers still emphasizes research and teaching abilities, while the evaluation of training and competition work seems to be overlooked, and the system is not sufficient. As the core of the sports team's various work, the professional level of coaches to some extent determines the basic training level of the regular teams at Sichuan Agricultural University. However, according to the survey results of coach professional training, the actual training experience of coaches in the regular teams does not correspond to the importance of their work. The limited teaching training experience and exercise opportunities during the teaching process lead to an inability to effectively improve the coaches' level, and usually, there are not enough opportunities and conditions provided to the college coaches to effectively enhance their teaching level. [8] In the case where the teaching ability of the university's teachers cannot be effectively improved, the lack of high-level coaches becomes increasingly prominent. The insufficient coaching level is also a major reason why the team cannot make significant improvements. How to cultivate on-campus coaches to enhance their teaching abilities, attract high-level coaches, or retired athletes at the provincial level or above to teach in universities is also a problem that needs to be solved for the development of the regular sports teams at Sichuan Agricultural University.

2.2.5. The insufficiency of training venues and equipment

From the perspective of the training content and teaching arrangements of the Sichuan Agricultural University representative team, the regular sports team has a sufficient demand for its own development. However, through field research, data collection, and feedback from athletes and coaches, it is believed that the core value of the representative team lies in enhancing the school's influence in sports. However, from the perspective of the soft and hard conditions and investment of the Sichuan Agricultural University regular sports team, neither the hardware conditions of the training venues nor the financial investment can meet the needs of the team's own development. The reality of training time conflicts and the difficulty in coordinating venues during training also hinders the development of the sports team. According to the research on various representative teams, the number of training equipment does not meet the normal training needs. The lack of training equipment, the small number of training equipment, and the aging of training equipment have also led to inefficiencies and insufficient participation of team members during training for the regular teams at Sichuan Agricultural University. For example, there is only one indoor basketball gym for training venues, a lack of indoor spaces, insufficient volleyball courts, and aerobics and sports dance training are mostly conducted in spare training rooms. In terms of training equipment, most representative teams face the issue of training equipment not meeting the training needs, such as difficulties in conducting multi-ball training for volleyball, football, badminton, etc., and the lack of auxiliary training equipment leads to training being concentrated on specialized exercises with balls or exercises without assistance equipment.

2.3. A brief analysis of the development path of the regular sports teams at Sichuan Agricultural University

2.3.1. Rational development path for athletes' learning and training needs - offering elective training courses

As the main body of education, the regular sports team of Sichuan Agricultural University should first emphasize its educational function in sports teaching. It cannot achieve a superficial balance between academic and training by sacrificing students' educational conditions. This approach cannot fundamentally resolve the contradiction between learning and sports training.

To meet the normal learning and sports training needs of athletes at Sichuan Agricultural University, it is recommended that the school offer elective training courses with a credit system for the representative team to satisfy the long-term and periodic training system needs of athletes. Their training courses can be set up for multiple years, high credits, and high hours according to demand, focusing on the traditional advantages or 特色 training project competition advantages of their own representative team, effectively controlling the conflict between learning and training choices for athletes. This not only resolves conflicts in training and course arrangements for students but also reduces the workload of coaches to some extent, allowing extracurricular training to be transformed into course teaching, thus achieving a win-win effect.

2.3.2. Expanding the athlete selection channels for the regular sports teams of Sichuan Agricultural University

Transforming quality student sources into good team members and selecting "good seedlings" is the most critical first step for the regular sports teams of Sichuan Agricultural University. Currently, the athlete selection for the regular sports teams relies entirely on ordinary high school athletes who enter Sichuan Agricultural University after the college entrance examination, improving the level of the representative team by selecting students with better sports skills from the university's physical education programs. To address the issue of athlete selection channels, the following suggestions are provided: (1) Conduct visits and promotions to schools with excellent student sources before the college entrance examination, such as in Chengdu, Yibin, and Mianyang, to enhance the school's visibility and competitiveness, allowing students to understand the development status of the Sports College of Sichuan Agricultural University and attract quality high school graduates to enroll; (2) Promote widely through online platforms, showcasing the training and competition style of various representative teams of the Sports College of Sichuan Agricultural University through promotional videos, and launch cloud consulting services to allow high school graduates to comprehensively understand the Sports College and its various sports teams in advance; (3) Promote widely during freshman enrollment, using representative teams to publicize and popularize the unique highlights of each team, attracting students with relevant backgrounds and interests to actively participate in the teams; (4) Hold coach forums and team system sharing sessions to share the strengths and weaknesses of the representative teams from the coaches' perspective, attracting students to join the teams. Improving the athlete selection mechanism and channels for the representative teams will help solve the practical difficulties of athlete selection faced by the regular sports teams of Sichuan Agricultural University.

2.3.3. Formulating rational development paths for the professional development needs of coaches

Coaches of the regular sports teams at Sichuan Agricultural University face significant conflicts between teaching, research, and training. The conflict between completing existing teaching tasks and conducting research and team training limits the professional development of teachers. In response to this reality, it is advocated that the Sports College of Sichuan Agricultural University develop dual-role teachers, considering how to set the role positioning of teaching-research type and teaching-training type teachers in the evaluation mechanism for professional title assessment, to meet the actual development needs of different types of teachers. At the same time, a comprehensive evaluation mechanism for the coaching work of coaches in representative teams should be established. Under the premise that competition results and training processes can be quantified, establishing an evaluation mechanism is not difficult, and appropriately linking it to the actual professional development of university sports teachers is the ultimate goal of coaches' professional development. Fostering project leaders for the regular sports teams of Sichuan Agricultural University, improving the treatment of

sports team leaders, focusing on the development and inheritance of sports research projects, building a distinctive sports research culture in the school, and enhancing the competitive edge of coaches' professional development. The direction of sports teams has its teaching particularity. In strengthening the construction of the regular sports teams of Sichuan Agricultural University, it is necessary to focus on cultivating leading teachers for the teams, effectively improving their enthusiasm for coaching the teams, leveraging their teaching influence, encouraging their active participation in various high-level competitions, maintaining the stability of their teaching and work, and enabling them to truly focus on and develop the teams. This is the foundation and fundamental point for effectively improving the performance of the regular teams of Sichuan Agricultural University and is also an important way to promote the all-round development of coaches. The excellent achievements of many universities are closely related to their head coaches of the representative teams.

2.3.4. The school leaders give sufficient attention to the regular sports teams.

The leaders of Sichuan Agricultural University should also pay enough attention to the development of the university's sports teams. Firstly, the establishment of the university's sports teams is aimed at improving the overall sports competitiveness and sports culture atmosphere of Sichuan Agricultural University. At the same time, the main purpose is also to enhance the university's reputation. From the perspective of the overall construction of the teams, it is to fight for the honor of the school. Therefore, the university leaders can issue some targeted management documents related to the development of Sichuan Agricultural University's sports teams, enhance support for the sports teams, and increase relevant investments in terms of human resources, financial resources, and material resources to ensure that the development of Sichuan Agricultural University's sports teams can have a good foundation. At the same time, it can also help the university sports teams create a healthy development direction and have better conditions to achieve better results and enhance the competitiveness of the school. [11]. Secondly, the development of Sichuan Agricultural University's regular sports teams cannot be separated from the dedication and efforts of the coaches. The contributions of the coaches to the team have not received corresponding responses, and the school's support and assistance for the coaches of the regular sports teams are insufficient. The evaluation system is too singular, and the assessment and subsidies for coaches are only targeted at national events or provincial sports meets, with relevant subsidies and assessment points only for the top eight in provincial college student competitions. There is insufficient emphasis on provincial sports associations or municipal competitions, and there is a lack of relevant evaluation indicators. Moreover, the competitive ability of the school sports teams themselves is insufficient, lacking high-level athletes, yet they have to compete for the top eight rankings against high-level sports teams, which is too difficult. Therefore, it is necessary to strengthen support for coaches at the school level, whether in terms of competition subsidies or the evaluation mechanism for competition results, which need to be improved and enhanced.

2.3.5. Improve and enhance the construction of sports venues and facilities at Sichuan Agricultural University.

However, from the perspective of the Sichuan Agricultural University's regular sports teams' own hardware and software investment, both the hardware conditions of venues, facilities, and equipment, as well as the financial investment in the teams, cannot meet the current development needs of the regular teams. Having good sports venues and equipment is a prerequisite for offering corresponding courses, conducting sports teaching, and holding various sports competitions. Sports venues and teaching facilities are the hardware conditions for the smooth development of teaching. The dependence on sports venues and equipment for conducting sports activities and training is very high. If the corresponding equipment is lacking

or insufficient, it will be very difficult to carry out various training and teaching activities. At the same time, the training of Sichuan Agricultural University's regular sports teams should follow the corresponding training rules. A good training plan should be minimally affected by external factors. Currently, the backwardness of venues and facilities has led to many training plans being difficult to implement. Therefore, the school should strengthen the improvement of sports infrastructure on one hand and carry out daily maintenance of training and teaching venues on the other hand. Additionally, it should improve the existing sports venue conditions, such as increasing indoor training venues for the regular sports teams or supplementing corresponding training facilities and equipment.

2.3.6. Increase the number of sports competitions both on and off campus

Surveys from various representative teams show that the opportunities and frequency for teams to participate in competitions are quite limited, whether for on-campus or off-campus sports competitions. For example, on-campus events such as sports meets and campus competitions for the three major ball games are held only once a year, with a few competitions taking place twice.

3. Conclusion and Recommendations

3.1. Conclusion

3.1.1. Recruitment Deficit

Poor scheduling causes prominent study-training conflict. Student-athletes neglect studies during training, skip class under that pretext, and waste spare time on games, leaving insufficient study time, worsening grades and habits.

3.1.2. The Event Deficit

Athlete selection is too narrow, leading to small teams and low overall ability. Recruitment issues, especially for females, persist. The selection mechanism and promotion efforts must be improved to attract quality members.

3.1.3. Event Scarcity and Athletic Stagnation

Few sports events limit competition opportunities. Teams join only 3–4 yearly; some train 1–2 years without competing, losing motivation. Tough provincial rivals hinder results. More events are needed for team development.

3.1.4. The Coaching Constraint

Coaches face conflicts between team teaching and personal career development. Heavy workloads, poor evaluation systems, and unrealistic award criteria (only top-eight national/provincial placements) hinder team progress.

3.1.5. Facility Deficits

Sichuan Agricultural University's regular sports team lacks adequate venues and equipment. Insufficient indoor spaces and training conflicts hinder effective practice, leading to poor training outcomes despite the importance of facilities.

3.2. Suggestions

3.2.1. Rational development path for athletes' learning and training needs - offering elective training courses

Sports are an important part of education. Setting up elective training courses is beneficial for integrating sports and education. Learning and training are not separate; they should merge into a whole, enhancing sports training in physical education. Ultimately, training can become a form of learning, and learning can also serve training, fundamentally resolving the

contradiction between training and learning, allowing both to develop in a coordinated manner and addressing a major confusion for students regarding learning and training.

3.2.2. Widening the channels and methods for selecting athletes for the regular sports team of Sichuan Agricultural University

The regular sports team of Sichuan Agricultural University needs to actively promote itself before the selection of team members, enhancing the influence of its representative team. Choosing suitable candidates for specialized skill training is beneficial for improving athletes' competitive performance, thereby enabling the regular sports team of Sichuan Agricultural University to achieve better athletic results.

3.2.3. Increasing the number of sports competitions both on and off campus

According to the survey, the sports competition frequency of the regular representative team at Sichuan Agricultural University is mostly concentrated at 3-4 times a year, and the low participation in competitions makes it difficult to meet the needs of athletes in the representative team. Therefore, it is necessary to increase the number of internal sports competitions and actively mobilize the Sports College to collaborate with relevant sports clubs to carry out various sports competition activities. Externally, actively participate in provincial and municipal competitions, pay attention to various sports associations' competitions, and engage in competitions to enhance personal athletic abilities, thereby strengthening the overall competitiveness of the representative team.

3.2.4. Develop rational pathways for the professional development needs of coaches

The coaches of the regular representative team at Sichuan Agricultural University have arrangements for professional title evaluation and research work, but they also have coaching responsibilities. Therefore, the coach evaluation system should incorporate coaching work into the work evaluation or professional title evaluation system, ensuring the rights and interests of coaches while strengthening their work arrangements. This will help coaches better carry out their work and resolve conflicts between coaching responsibilities and personal professional development needs, thereby increasing the overall effectiveness of the representative team.

3.2.5. Improve the construction of training venues for sports at Sichuan Agricultural University

Improve the construction of training venues for the sports representative team, build some indoor venues for training, and regularly update and maintain sports venues and training equipment to ensure the availability of facilities and equipment. This will allow athletes to conduct training efficiently, provide a good training environment for athletes, and stimulate students' enthusiasm for participating in representative team training, which is beneficial for the development of the representative team.

3.2.6. The leadership of Sichuan Agricultural University should give sufficient attention to the regular sports representative team

As the management department of the regular sports representative team, Sichuan Agricultural University should create conditions conducive to athletes' training and learning, allowing students to focus on training without worries during their studies. Provide conditions for the development of coaches, focusing on aspects such as the coach evaluation system and work subsidies, to enhance coaches' enthusiasm for teaching. From the school's perspective, increase attention to athletes and coaches, and improve the overall construction of the representative team.

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