

Relationship between Innovation Training of Social Sports Instructors and Ecological Sports

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Abstract: Social sports refer to an effective way to achieve national fitness. Social sports instructors play a special and key role in social sports development and are the dynamic and guider. Currently, the shortage of social sports instructors, poor professional skills and irrational talent structure has seriously hampered China's social development and the implementation of national fitness. To change the status of the social sports development, two aspects should be emphasized. On one hand, the existing difficulties and problems should be solved to achieve the innovation training of social sports instructors. On the other hand, the harmonious relationship between human and nature should be emphasized, and the ecological idea should be introduced to the guidance of social sports. In this way, the highest level of sports—the integrity of man and nature—will be achieved, thus improving the physical and mental quality of people. Besides, the public consciousness of lifelong exercise will be established, and the development of China's sports cause will enter in a virtuous cycle. So, it can constantly improve people's quality of life and physical and mental quality.

1 INTRODUCTION

Social sports are both an important part of sports cause and an important form of mass participation in sports. And it is of importance in improving people's physical and mental quality. Social sports instructors are the leader and core driving force of social sports development. They can be combined with public comprehensive physical quality to effectively guide individuals to participate in physical exercise, scientifically improving their health and spiritual style. That is of significance for promoting social harmonious development and social moral construction and improving the quality of people's life. At present, social sports instructors' training in China has many shortcomings, which have restricted the development of sports cause (Zhu Ling, 2013).

2 SOCIAL SPORTS INSTRUCTORS' TRAINING

2.1 Significance of social sports instructors' training

The objectives of social sports instructors are social mass, millions of ordinary people. First, social sports instructors are beneficial to the development and implementation of national fitness. For one thing, social sports instructors can effectively guide people's exercise, making sports activities secure and healthy. Then people can exercise healthy and happily under the scientific guidance, thus enjoying the benefits of sports to the greatest degree (Xi Li and Yang Zhimin, 2011). For another thing, social sports instructors can provide technical support for the scientific and correct exercise of people, thus making social sports safe, health and scientific. Second, social sports instructors can promote the enhancement of national quality. Social sports are comprehensive sports activities beneficial for the

physical and mental health of people. With the guidance of social sports instructors, the training purposes of sports fans will be clearer. Then, social sports participants can have a scientific understanding of their own health and physical characteristics, and take corresponding exercise to improve their physical and mental qualities. Third, social sports instructors are of positive significance to improve people's quality of life. With the development of economy in China, people's spiritual demands are higher than material life. Social sports are beneficial to strengthening of people's physical and mental. It can also enrich people's spiritual life, which is an indispensable part of the evaluation of modern living standards. Thus, social sports are significant to improve people's quality of life. Fourth, social sports instructors can effectively promote the comprehensive development of China's sports cause. On the one hand, social sports are an important part of China's sports cause and can improve the qualities of people (Chen Wei, Xu Fuzhi and Zhu Yalin, 2013). On the other hand, social sports instructors not only play the role of sports skills guidance, but also shoulder the responsibilities of sports propaganda, organization and management. Therefore, they are important to bring China's sports cause a stable and healthy development.

2.2 Status and problems of social sports instructors' training

Currently, the professional orientation of social sports instructors is still relatively vague. The salary of social sports instructors is neither unified nor stable, and most of them provide voluntary service or only charge a small reward, impacting the social sports instructors' training. The main features of social sports instructors' training are as follows. First, the scale of social sports instructors' training is so small that trained people cannot meet the needs of society. Second, most of the social sports instructors have only got high school qualifications with low cultural foundation and educational background. Thus, their professional knowledge of sports and fitness is not complete enough to accomplish the organization, management and on-site guidance of social sports. Moreover, they cannot make good use of professional practice, sum up the law society of sports development and solve problems by scientific theory in the development of social sports. In a word, the current occupation level of social sports instructors is difficult to meet the needs of social sports development. Third, most social sports

instructors are old, in which retirees accounting for more than 90%. They can only drive the elderly to exercise instead of the young people. In addition, the age structure of social sports instructors is unscientific, which will lead to the acceptance of new things becoming conservative and slow. It is not conducive to the promotion and development of advanced and personal sports, which may lead to the uneven development of social sports. Fourth, big difference exists in the development of urban and rural social sports. On the one hand, there is not enough rural sports infrastructure to meet the needs of people. On the other hand, most of the social sports instructors are concentrated in urban areas, so rural participants are difficult to get a professional sports guide to stimulate their sports interest. Fifth, the related legal system of social sports is not perfect, affecting the standardization of social sports instructors' training. In addition, government support is insufficient, and the training methods are relatively single, so it is difficult to exert the potential of training institutions.

2.3 Training objectives of social sports instructors

With the development of social sports, the training requirements of social sports instructors are constantly increasing. Firstly, social sports instructors need to systematically and comprehensively grasp of the guiding theory for social sports and extend the scope of knowledge to fitness, health, psychology and other fields. Only in this way can social sports instructors better guide the development of social sports. Secondly, social sports have strong comprehensiveness. Therefore, it requires social sports instructors to have excellent professional knowledge, strong comprehensive ability. Thirdly, social sports instructors should have the awareness of national fitness and develop scientific fitness plans according to social policies and appeal, improving the health and fitness of people.

3 INNOVATION TRAINING OF SOCIAL SPORTS INSTRUCTORS FROM ECOLOGICAL SPORTS PERSPECTIVE

National fitness is the trend of China's social development. Influenced by this trend, people have greatly changed their attitude toward life and had a deep understanding of the importance of health. They prefer to spend money on health rather than on medicine. Thus, most people would like to spare some time to join the social sports. With the updated of people's values for sports, social sports instructors' training also needs innovation and reform to update their concept.

3.1 Positioning of social sports instructors' training from ecological sports perspective

Ecological sports were proposed while human beings facing the serious problems of ecology and resources. Faced with ecological imbalance, the extinction of plants and animals and frequent natural disasters, humans begin to rethink the relationship between nature and human beings. Ecological sports emphasize the harmonious unity and coexistence and co-prosperity between human and nature. It also takes sports as the relationship between culture and ecology, seeking to a harmonious development. On this basis, the primary task of social sports instructors' training is to correctly and scientifically position the functions of social sports instructors. First of all, social sports instructors should respect, love and contact nature. Instructors should position their functions combined with the thought of "harmony between human being and nature", so as to make contribution to the development of social sports. Secondly, social sports instructors should be combined with the idea of freedom, amusement and volunteer to train their awareness of serving society. Afterwards, they will use an attitude of serving society to communicate with others, thus promoting the harmony of social sports and strengthening the body and heart of people. Also, they can make contributions to the development of social sports with a spirit of devotion. Thirdly, social sports instructors should emphasize humane care, concern natural and the individual and love life and health to ensure the harmonious relationship between social sports development and ecological protection. Moreover, social sports instructors should

comprehensively understand their positive significance for social development and purposively train their abilities. In addition, they should carry out differential guidance for people in physical exercise, and give full play of the human-oriented idea to highlight the positive significance of social sports in human health and entertainment.

3.2 Approach analysis of social sports instructors' innovation training

There are countless ties between social sports and ecological sports. Social sports attach importance to the fitness, heart health of heart and entertainment in sports regardless of competitiveness. So, it is a physical fitness exercise in game and entertainment. The idea of ecological sports is approaching to this. Ecological sports emphasize on human initiative in sports, stressing health first and pleasure sports. It also emphasizes on the relationship between human and nature, the harmonious unity and common development between human and sports. So, the purpose of two sports is highly consistent. Firstly, great attention should be paid to the structural optimization of social sports instructors and the training of young instructors. And social sports with modern concepts should be closely combined to achieve the goals of national fitness and personal lifelong sports. Secondly, the diversification of instructors' guiding skills should be emphasized, and the content of social sports instructors' training should be constantly enriched. Integrating the nature, sports and culture to raise social sports instructors' awareness of social ecology, then it enable instructors to spread healthy and scientific sports skills. Instructors should constantly enrich people's amateur life and effectively adjust their psychology. Then perfect personality of people will be shaped, promoting a harmonious and stable development of society. Thirdly, the open model of social sports instructors' training should be perfected to make instructors contact with a wider range of training content, thus exerting their learning initiative and creativity. Meanwhile, instructors should diversify their own career planning, so as to providing more reasonable and scientific services for people's health. In this way, a wide range of sports knowledge and ecological information will be provided for people to enhance their intellectual capacity and physical and mental health. Fourth, social educational resources should be fully used to make the routes of social sports instructors' training diversified. On the one hand, the single way of social sports instructors' training should be

gradually improved to expand the scope and scale of training. Then related training institutions and units will train more professional and high-quality guiding talents to meet the needs of the social sports development, thus providing better service for China's sports cause. On the other hand, university, with rich teaching resources and good environment, is an important foundation to train guiding talents and should be scientifically used. University can also scientifically cultivate sports talents according to the demand of participation in sports. Thus, making best use of the university, it also can promote the development of China's nationwide fitness programs.

3.3 Optimization of social sports instructors' training environment

Environment is an important factor for talents training. Training social sports instructors should pay high attention to the optimization of environment and the awareness of environment and ecology. Firstly, experiencing the relationships between sports and ecology should be emphasized in instructors training to make them realize the importance of environment on human health in real and intuitive experience. Sports instructors should establish a correct development concept of social sports and integrate the harmonious relationship between human and nature into social sports. Then people can experience and enjoy the nature and have the awareness of protecting natural ecology and yearn for ecological sports experience. In this way, the development of social sports and ecological sports can be associated, thus effectively improving the physical and mental health of people. Secondly, legal construction of participation and guiding of social sports should be emphasized to fully exert its social and economic benefits under the protection of law. It can also strengthen the determination and confidence of social sports instructors to serve social sports development. Thirdly, the training process of social sports instructors should be improved to make them extensively absorb knowledge. Then instructors can combine theory and practice with theory and thought in serving social sports and equip themselves, taking rational and keen response for various social issues. Therefore, instructors can pave the way for the rapid and stable development of social sports.

4 CONCLUSIONS

Innovation training of social sports instructors is essential for the development of social sports. The combination of the concept of social and ecological sports is helpful to break through traditional sports guiding and decrease the requirements of sports skills. It can fully show the effect of strengthening body and heart health, so that the participants can actively participate in social sports under the guidance of ecological awareness and health notion. Then the role of sports for fitness will be enhanced. If public awareness of healthy and lifelong exercise was established, the overall quality of people will be improved. Thus, people can make greater and longer contributions for socialist construction.

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