Research on Physical Training problems and Countermeasures of juvenile student athletes

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ABSTRACT:

The youth stage is the key period of the development of human body functions and the golden stage of sports selection and physical development. Under the background of "healthy China" and "powerful sports country", the issues of adolescent training have received extensive attention from country and society. Physical training of adolescent athletes is of great significance to improve our country reserve talent reserve and realize powerful sports country. This study believes that the problems such as single training content and method, the pursuit of results, insufficient understanding of physical training and lack of nutrition not only seriously hinder the scientific process of physical training for adolescent student athletes, but also affect the healthy development of adolescent student athletes. In this paper, the problems existing in the training of young students are deeply discussed and analyzed through the method of literature investigation and investigation, and the corresponding countermeasures are put forward, in order to improve the system of physical training of young people, and help the modernization of the strategic process of "sports power".

KEY WORDS: Adolescent, physical training, physical development law

Reference:

[1] Nisha Botchwey, Terry L. Conway, Myron Floyd et al. Challenges recruiting diverse youth for physical activity research[J] Preventive Medicine, 2020, 131(C)