

CHENGDU WUSHU SANDA CLUB COACHING COMPETENCY AND APPLICATION

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ABSTRACT

The purpose of this paper is to explore the key elements and influencing factors of the competency of coaches in Chengdu Wushu Sanda Club, and to provide relevant practical suggestions. Based on the data from literature review, expert interviews and field surveys, this study constructed a competency characteristic model of wushu sanda coaches. By constructing a model of the competency characteristics of wushu sanda coaches, it can help to understand the characteristics of coaches' professional ability, technical level and interaction with athletes, and then provide a scientific basis for cultivating excellent coaches. In addition, the Coaching Competency Profile Model can also provide a reference for relevant institutions and organizations to recruit, evaluate and train coaches.

Keywords: Wushu Sanda, Coaching, Competency

INTRODUCTION

As a form of traditional Chinese martial arts, wushu sanda has been widely spread and developed in Chengdu[1]. As the core resource of the Wushu Sanda Club, the improvement of the competency of the coach is crucial to the successful operation and development of the club[2]. Coaches need to have a very comprehensive range of abilities, such as the ability to select sports materials, the ability to teach and train, the ability to convey information, the ability to communicate information, the ability to collect professional and technical skills, the ability to command the game, the ability to collect information from the game, etc The ability to perceive information on the spot, the ability to make decisions on changes, the ability to control the situation, the ability to motivate team members to fight, the ability to coordinate interpersonal relationships, the ability to guide special guidance, the ability to organize and manage, and the ability to understand and innovate[3]. Whether a wushu sanda club can operate well, in addition to reasonable marketing, product pricing, venue construction, etc, there is also a key influencing factor is the ability of the wushu sanda coaches in the club, the coaches play a leading role in the daily training and teaching, but also play a role in guiding and monitoring the whole training

process, if our wushu sanda coaches can not meet the needs of the students will directly affect whether the students choose this martial arts club, Therefore, if there is a problem with their ability, it will restrict the development of the club[4]. However, the coaching ability of coaches is not only manifested in teaching and training, but also includes management, scientific research and innovation and self-improvement capabilities[5]. Therefore, this paper uses scientific means to find out what abilities should be possessed by coaches of wushu sanda clubs, tries to establish the ability evaluation index of coaches of wushu sanda clubs, and uses this system to analyze the current situation of the ability of coaches of wushu sanda clubs in Chengdu, explore their possible problems, and make suggestions[6].

OBJECTIVE

The purpose of this study was to explore the competency of Wushu Sanda coaches in Chengdu and their application strategies in vocational training through literature collection and scientific and rigorous data analysis. Analyze the development status of wushu sanda coaches in Chengdu; Based on the development of the industry, the changes in the competency of wushu sanda coaches were sorted out, and the competency model of wushu sanda coaches was constructed based on the actual needs. Assess the current level of competency development of Chengdu Wushu Sanda coaches; Combined with the existing problems in the current training, this paper proposes an application strategy based on the competency model in wushu sanda training.

METHODOLOGY

In this study, the coaching competency strategic management of Chengdu Wushu Sanda Club was used as the research object. Mainly some on-the-job wushu sanda instructors in Chengdu, China were used as the survey subjects. Literature method, key event interview method, questionnaire survey method, and mathematical statistics method were used to explore the competence of wushu sanda coaches. In order to ensure the fluency and completion of the whole text. Wholeness, the research methods used in each part are described in detail in the specific sections below, and only the research methods used in the full text are summarized here.

Sub-Section 1 Documentation Law.

The literature collection of this study is mainly through the domestic CNKI and foreign Web of Science as the main literature retrieval database. Through multiple aspects of searching, downloading and screening, the literature related to this research was sorted out, which laid a theoretical foundation for the work.

Sub-Section 2 Key event interview method

Critical Incidents Technique (CIT) is a human resource management research method proposed by Flangan in "A New Approach to Personnel Evaluation", and it is also one of the common methods for competency characteristic research. Using key event techniques, combined with the professional characteristics of wushu sanda instructors, an interview outline was compiled, and the key events in the coaches' work were retrospectively explored and analyzed, and relevant information on the coaches' competency characteristics was obtained.

Sub-Section 3 Questionnaire method

The questionnaire survey method is a research method characterized by large data volume and high efficiency, which generally compiles questionnaires and surveys through literature analysis and thematic interviews, and then analyzes data on the collected questionnaires

Sub-Section 4 Mathematical statistics

This study used SPSS26.0 and AMOS24.0 statistical software to process the data. Descriptive statistics and statistical processing of survey data through SPSS26.0, descriptive statistics are expressed in percentages, mean, standard deviations, etc., including the analysis part of the results of the competency assessment of wushu sanda instructors.

RESULTS

The competency of a martial arts instructor is affected by a variety of factors, which can be summarized into two broad categories: intrinsic and extrinsic. Here's a detailed analysis of these factors:

1. Intrinsic factors

Professional skills: The level of professional skills of a martial arts instructor is at the heart of competency. This includes the accuracy and proficiency of martial arts movements, as well as the effectiveness of teaching methods. A highly skilled instructor with standardized movements can provide students with correct demonstrations and guidance to help students quickly master martial arts skills. **Teaching experience:** Experienced martial arts instructors are more likely to be competent in teaching. They understand the learning needs and characteristics of different students, and are able to adjust teaching strategies according to the actual situation of students to improve teaching effectiveness. **Communication skills:** The ability of coaches to communicate with students has an important impact on the effectiveness of teaching. A coach who is a good listener and can clearly express the intention of the instructor can better help students understand the knowledge of martial arts and stimulate students' interest in learning. **Personal qualities:** Personal qualities such as patience, responsibility, and professionalism are also important factors in competence. These qualities can influence the coach's teaching attitude and behavior, which in turn can affect the learning effectiveness of students.

2. External factors

Education and training: The education and training received by martial arts instructors has a significant impact on their competency. Through systematic education and training, coaches can continuously update their professional knowledge and improve their teaching skills, so as to be better qualified for teaching work. **Industry environment:** The state of development of the martial arts industry will also have an impact on the competency of coaches. In a valued and fast-growing industry environment, coaches have more opportunities and resources to improve their competencies. **Student characteristics:** The age, gender, physical condition and other characteristics of the students will put forward different requirements for the coach's teaching. Coaches need to adjust teaching strategies according to the actual situation of students to meet the learning needs of students, which will also affect the competency of coaches. **Socio-cultural context:** Different socio-cultural contexts can have an impact on how and what martial arts instructors teach. Coaches need to understand and respect the needs of students in different cultural contexts, and flexibly adjust teaching strategies to adapt to the teaching environment in different cultural contexts. In summary, the factors affecting the competency of martial arts coaches include internal factors such as professional skills, teaching experience, communication skills, and personal qualities, as well as external factors such as education and training, industry environment, student characteristics, and social and cultural background. In order to improve the competency of martial arts instructors, it is necessary to comprehensively consider these factors and take corresponding measures to strengthen the cultivation and improvement of coaches' professional skills,

teaching experience and communication skills. At the same time, it is also necessary to pay attention to the changes in external factors such as the industry environment and the characteristics of students, and adjust teaching strategies in a timely manner.

CONCLUSION AND FUTURE WORK

1. Coach selection and evaluation: This model can be used as a basis for selecting and evaluating coaches. Through the evaluation of coaches in terms of knowledge, skills, attitudes, etc., it can be determined whether they are suitable for specific coaching positions, and reasonable allocation and training can be carried out according to the different characteristics and abilities of coaches.

2. Coach training and development: Through the application of this model, the competencies and qualities required of coaches at different levels and areas can be identified. Education and training institutions can carry out corresponding training courses and training activities according to the guidance of the model to help coaches improve their professional skills and teaching capabilities.

3. Coach performance management: This model can be used to evaluate and manage the teaching performance of coaches. By clarifying the competency characteristics of coaches, corresponding performance indicators and evaluation systems can be formulated, and regular evaluations and feedback can be carried out in order to adjust and improve coaching work in a timely manner.

4. Athlete development and growth: The competency of coaches is directly related to the training effectiveness and development potential of athletes. Through the application of this model, coaches can understand their own strengths and weaknesses, improve their personal teaching level and coaching ability, and then provide better training and guidance for athletes, and promote their skill improvement and growth. In conclusion, the application of the competency model of Chengdu Wushu Sanda coaches can provide a scientific basis for the selection, training and performance management of coaches, and also play a positive role in promoting the development and growth of athletes. By establishing a scientific and effective trainer competency model, the overall quality and teaching level of the wushu sanda coaching team can be improved, and the development of wushu sanda can be further promoted.

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