Participations of College Students in the Organization and Planning of Sports Competitions and Its Impact on Their Leadership Skills

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Abstract

By 2022, there will be a total of 3005 universities nationwide, and the number of freshmen admitted in a single year will exceed 7.9 million. The popularization of university development has made outstanding contributions to the development of the regional economy. Every year, a large number of college students graduate to work in enterprises. For enterprises, the employees they want should have certain leadership. For college students, where does the knowledge of leadership come from? Obviously, he can't come from books completely. He needs to get it through practice. Teachers need conscious training to improve their leadership while teaching. The growth ways of leadership mainly include theoretical study, practice, repeated experiments, guidance from others, etc. In practice, students are required to develop their leadership skills by participating in activities or community activities organized by the school or class. This paper will use the methods of literature research, investigation, and logical analysis to analyze the leadership training of college students, and find out what the impact of students' sports competition organization planning on leadership skills is. This will provide a theoretical basis for leadership practice and physical education, as well as a reference for students how to improve their leadership.

Keywords

Leadership, Sports competition, Leadership Skills, College students, Organizing, Planning

1. Preface

Adolescence is the formative period of leadership, and the cultivation of leadership is a long, repeated and gradual process. The characteristic of teenagers is that they are willing to try new things and learn new skills, which is the best and key time for leadership development. University is a small society, a condensed version of the society, and the last stop for students to formally contact the society. Their experience in school is a process of self accumulation, self improvement and self development in the exploration and research activities of social survival problems. Therefore, leadership education in schools can not only enable students to master the professional leadership knowledge and skills required for future development, but also enable students with leadership potential to realize their leadership ability earlier, thus laying a foundation for being leaders in the future.
2. Definition of sports competition organization

The participation in sports activities should be divided into two groups, one is the organization and planner of the activities. Specifically, according to certain rules, the organization and implementation of competitive competitions between students or colleges should be carried out to ensure the smooth implementation of sports activities through organization and planning. The other part is the participants of sports activities. Sports participation refers to the attitude and behavior of actively participating in sports activities. People who often participate in sports activities can cultivate and develop their interests and hobbies in sports, develop the habit of physical exercise, and make sports activities an important part of life.

Sports competition is a competition between individual athletes or sports teams organized and implemented under the auspices of referees according to unified rules. The school's on campus sports competition is a competition between students or colleges organized and implemented by students in their spare time under the organization and guidance of relevant organizations and in accordance with certain rules and requirements. The purpose is to strengthen students' physique and develop their overall quality. It is a supplement to classroom teaching. Organizing a sports game can also be regarded as organizing a large-scale activity. Sports games have strong autonomy and flexibility.

3. Leadership Definition

3.1 Definition of leadership

The concept of leadership: leadership can be described as a combination of a series of behaviors, and these behaviors will motivate people to follow the leaders to where they want to go, rather than simply obey. Harold Koontz: leadership is a kind of influence. Leadership is an influence process, an art or process that affects people's willingness and enthusiasm to work hard to achieve organizational goals. Dr. Henry Kissinger, former US Secretary of state, said: "Leadership is to let his people, from where they are now, lead them to places they have not been.

3.2 Definition of leadership skills

The research group of the Chinese Academy of Sciences has built five models of leadership based on the leadership process, including the following capabilities.

3.2.1 Leadership charisma (Qiu Xinmei, 2020)
- 3.2.1.1 Have firm faith and lofty ideals
- 3.2.1.2 Have noble personality and high self-confidence
- 3.2.1.3 Having the ability to represent a group; Organization; nation; Ethical values and perfect cultivation of the country or all mankind
- 3.2.1.4 They are not satisfied with the status quo, like challenges, and are very interested and enthusiastic in their career.

3.2.2 Leadership foresight (Stephen P. Robbins, 2018)
- 3.2.2.1 Leadership philosophy of leaders and leading teams
- 3.2.2.2 Expectations of organizational stakeholders
- 3.2.2.3 Core competence of the organization
- 3.2.2.4 Development law of the organization's industry
- 3.2.2.5 Development trend of the macro environment of the organization

3.2.3 Leadership influence (Chen Huanbiao, 2018)
- 3.2.3.1 Various formal and informal relationships established between the leader and the led
- 3.2.3.2 Leaders balance the behaviors and results of various stakeholders, especially the interests of the led
- 3.2.3.3 Ways, behaviors and effects of communication between leaders and the led
- 3.2.3.4 A leader has a variety of powers that can effectively influence the leader

3.2.4 Leadership decisiveness (Wu Min, 2019)
- 3.2.4.1 Master and be good at using various decision-making theories, methods and tools
- 3.2.4.2 Have the ability to quickly and accurately evaluate the benefits of decision-making
- 3.2.4.3 Have the awareness and ability to foresee, evaluate, prevent and resolve risks
- 3.2.4.4 Have the necessary resources to achieve the objectives
- 3.2.4.5 Have the ability to grasp and make use of the best decision and its implementation opportunity

3.2.5 Leadership control (Wu Min, 2019)
- 3.2.5.1 Establish the values of the organization and make them acceptable to all members of the organization
3.2.5.2 Formulate rules and regulations and other norms and ensure that the members of the organization comply with these norms through legal force
3.2.5.3 Appoint and reasonably use cadres who can implement the leadership intention to achieve hierarchical control of the organization
3.2.5.4 Build a powerful information force to understand and control the situation
3.2.5.5 Control and effectively solve various actual and potential conflicts to control the strategy implementation process

4. Factors Affecting the Leadership Skills of College Students

Through literature and expert interviews, this study believes that the following five aspects of leadership skills will affect college students' leadership.

4.1 Resource management skills

In the field of project management, resource management refers to the process, technology and concept that have developed the best resource allocation method. It includes the discussion on the allocation of functional and cross-functional resources, as well as the process supported by organizations such as the Project Management Association through their project management methods of project management knowledge system.

4.2 Decision making skills

Decision making is a cognitive process. After this process, individuals can decide to take action or express their opinions according to their own beliefs or reasoning based on various factors in various options. Each decision-making process will aim to produce the final decision and select the final choice. These choices can take the form of an action or a selected opinion.

4.3 Relationship skills (teamwork)

Teamwork refers to the process of a group of competent and confident people working together for a common goal in a specific team. It can mobilize all resources and talents of team members, and will automatically eliminate all disharmony and injustice, while giving appropriate rewards to those sincere and selfless devotees. If teamwork is voluntary, it will produce a strong and lasting force.

4.4 Time management skills

Time management is to help people complete their work and achieve their goals with skills, technologies and tools. Time management is not to get everything done, but to use time more effectively. The purpose of time management is not only to decide what to do, but also to decide what not to do; Time management is not a complete control, but a reduction of variability. The most important function of time management is to serve as a reminder and guidance through prior planning.

4.5 Authorization skills

Authorization means to allow and encourage others to complete the work and achieve the expected results; At the same time, leaders are also responsible for the implementation of the work from beginning to end. Effective authorization means that managers clearly express their responsibilities, expected goals, progress and quality requirements, and provide necessary resource support for employees to implement. Subordinates will feel more responsible and can also do more important things after being given responsibilities, rights and benefits, forming a virtuous circle for the development of the enterprise. Effective authorization is a higher requirement for managers in modern enterprise management.

5. Basic ways to improve students' leadership

5.1 Improve the leadership awareness of college students

Through ordinary observation, college students' concept of leadership is vague. Most students do not think independently when dealing with problems in sports competitions. The first thing they think of when meeting problems is to find teachers. Do whatever the teacher asks. This is a problem of not being aware of leadership in thought, so teachers need to actively guide students to independently complete various tasks, and improve students' innovation ability and
decision-making ability. Teachers need to constantly guide students when they accept these tasks, and improve their sense of leadership in learning.

5.2 Training for students before sports competition organization

For college students, the main purpose of organizing training is to let students know the organization of sports competitions, how the competitions are managed and operated, and the relationship between it and leadership. Through the introduction of the competitions and the analysis of cases, students can understand it. The organization of the competition is a highly practical work, which is different from theoretical learning. It requires students to take action and combine theory with practice. This is of great significance.

Through the explanation of cases, strengthen the knowledge of management in the training, and cultivate students to systematically develop knowledge, skills, emotions and other aspects, so that students can contribute to the formation of effective leadership within a certain period of time.

5.3 Setting up different posts to cultivate students' leadership

In the organization of sports competitions, there are different tasks. In order to better complete these tasks, various posts should be divided, and a team should be set up. The team leader should lead the team members to complete the work within their responsibilities. The rotation system can also be adopted for different posts, and students can complete the training of all posts in this way in a cycle. Different departments and posts have different requirements on students' ability, and the training of leadership ability is also different. As the main place for cultivating students' leadership, the school is taking advantage of the training before sports events to sharpen and exercise in multiple organizational business posts, enrich students' ability to handle different affairs in different posts, improve students' adaptability in multiple posts, and improve students' comprehensive quality of leadership.

6. The influence of the organization of sports competitions on the improvement of leadership skills

The way to cultivate leadership skills must be theoretical learning and practical exercise. The social practice part of leadership training is just the weak link of school training. It is one of the important means of leadership training. The cultivation of leadership should be promoted in detail from different dimensions.

6.1 Sports competition is one of the important ways for college students to exercise leadership skills from theory to practice

First of all, the improvement of leadership skills cannot be separated from the study of theory. Leadership skills are an advanced way of thinking for human beings, which requires the accumulation of knowledge. Therefore, to improve leadership skills, we need to seriously study theoretical knowledge. From the perspective of learning, we can encourage students to learn about leadership, decision-making, interpersonal relations, decision-making, system science and other aspects of knowledge. It can be obtained mainly from books, cases, online materials, newspapers, magazines, classes, etc. In addition to these basic studies, we also need to complete the practice through the organization of sports competitions. Time to strengthen leadership skills in theoretical learning. We can clearly tell students that the organization of sports competitions is a training ground for leadership skills practice, which can improve the decision-making ability and team cooperation in leadership skills. When encountering problems, students are asked to analyze problems, solve problems, make decisions on how to solve problems, and give evaluation on decisions. In this way, we can constantly summarize experience and improve our leadership skills.

6.2 Sports competition organization improves students' ability of resource management

In the process of organizing sports competitions, we will formulate an order book before the competition. The order book is actually a plan for implementing sports actions. The order book will clearly tell everyone what their responsibilities are. The project resource management plan shall be prepared in the plan; During the implementation of the sports plan, ensure that the resources of each responsible unit are available. The preparation of this plan needs to take into account all aspects. It should not only cover all aspects, but also save resources, and make effective adjustments according to emergencies.

6.3 Sports competition organization improves students' decision-making skills

In the organization process of sports competitions, there is an action plan, but decision-making skills will be used in
the specific implementation process. We can evaluate the decisions made by students and provide failure cases for students to analyze the reasons for failure. The possibility of finding success from failure has a huge impact on decision-making skills.

6.4 Improving students' teamwork skills in sports competition organization

There are many ways to train team cooperation skills, but in the process of organizing sports competitions, the training of team cooperation skills is everywhere. We can insist on whether team members have made a clear team division plan before carrying out tasks. When team members make mistakes, I can still assign them tasks, but I should closely monitor and guide them. If there are benign conflicts between some members of the team, we can encourage them to resolve their differences in a positive and friendly way. When some members of the team think there is a problem with the action plan, they should encourage students to propose and discuss in groups, and make necessary corrections.

6.5 Improving students' time management skills with plans

In the process of organizing sports competitions, we need to encourage students to make plans—whether long-term plans, short-term arrangements, "weekly plans" or activity schedules—to divide all things into urgent and important; Important but not urgent; Urgent but not important; It is neither urgent nor important. Students need to record time each day and identify where time is spent to monitor daily or weekly time management.

6.6 Improving authorization skills is the guarantee for the overall operation of the team

In the process of organizing sports competitions, we cannot guarantee that all members of the organization are on duty. Here we will use authorization skills. What kind of authorization do we need to know to ensure the efficient operation of the team as a whole, so that the plan cannot be implemented due to vacancy. When authorizing, it is necessary to clearly express their responsibilities, expected objectives, progress and quality requirements. When delegating, tell our members when to complete the tasks assigned to each team, how much to spend, and what quality standards to achieve. Some work restrictions and standards were explained when authorizing. When delegating, our members know the significance of doing so, what benefits it will bring to the team or activity, and what help it will bring to their personal growth (Blue Sea, 2019). When authorizing, it is necessary to provide resources for our members, including costs, materials, schedules, and guidance in the process.

7. Conclusions and suggestions

7.1 Conclusion

(1) On the basis of comprehensive literature research on relevant leadership, it is believed that college students' leadership skills are mainly embodied in Resource management skills; Decision making skills; Relationship skills (teamwork); Time management skills; Authorization skills.

(2) The influencing factors of leadership skills can be divided into genetic and non genetic factors (Yang Liguo, 2019). Non-genetic factors should include natural environment and social environment; School education, family education and social education.

(3) Relevant literature research shows that the participation of sports competition organizations can improve students' leadership.

7.2 Suggestions

We can improve students' leadership skills through the organization of sports competitions. The specific way can be to improve students' leadership awareness through theoretical learning, and to enhance students' leadership by allowing students to rotate at different positions in the competitions. Improve students' time management ability through competition plan; Improve students' authorization ability through team operation. Through the cooperation among student teams, students' team cooperation ability can be improved.

References

