

ABSTRACT

This research focuses on the investigations of today's school sport training model and the potential influences of the curriculum in developing students' "all around personalities". Through research in 8 school sport teams from 4 different schools with systematic teaching and sport training in track and field and badminton respectively, the following categories are being investigated: (1) Team Objectives and their award scheme, (2) Teacher professions, (3) Training Time, (4) Coach's training plan and competition aim, (5) School facilities, (6) Source of budget for sport team, and (7) Strategies for continuous future development. Data analysis then includes questionnaires, interviews and observations to both the student and teacher population to explore the current situation of such model and its potential in future development. Through this research we hope that students' physical and mental health and their attitude towards after school activities can be enhanced as a result of a systematic development in school activities and training program, and in addition to enhance the development of sports skills and lifelong habit in physical activity.

Results from this research are summarized in two main areas:

A. Current training situation in Macau School Sport Team

1. All 4 participating track and field teams and badminton teams are being trained based on the objectives in developing all around personality and outstanding sport competition performance. Track and field coaches are rewarded with a banquet and students are rewarded with medals and prizes. On the other hand, badminton coaches do not receive any reward. Badminton players are awarded with academic remarks.
2. The main coaches from each team are mostly graduates from physical education profession. For track and field team it is mostly trained by general teachers while the training of badminton teams includes both general teachers and coaches from social sport clubs.
3. Training hours of track and field teams are usually arranged before class and after class with 5 to 6 days (15-18 hours) per week.
4. Facilities of track and field team from Kao Yip School and Lou Hau School are based on school facilities themselves plus some governmental facilities. Badminton teams are then focused mainly on the training from sport clubs. Track and field team in Hou Kong School are trained in school while badminton team runs in cooperation of school itself and sport association.

5. Coach from each school is required to set up the annual training plan, competition objectives for interschool championships and open competitions.

6. All the participating teams are run based on the school itself plus the Education and Youth Affairs Bureau (DSEJ). Facilities for track and field team are provided by school while facilities for badminton team are provided by sport clubs.

B. The continuous development in Macau School Sport Team

1. Coaches and students hope that the Government and schools can expand current facilities.

2. Coaches and students hope that sport associations can cooperate with schools for the organization of objective type training and that DSEJ should increase the budget for after school sport training.

3. Coaches and students hope that the Government can organize a specialized Sports School or one can mentor in the set up of an organized training system from primary school to secondary school and to university.

Expectation in continuous development of sport team training is higher in male athletes than in female athletes. Elite athletes are having a higher expectation in development than in average athletes.

Keywords: School sport team, current training model, continuous development model.