

CONSTRUCTING STRATEGIC MANAGEMENT GUIDELINES FOR THE PREPARATION OF SPORT PLAYERS FOR ON-CAMPUS SPORT COMPETITIONS IN SHANDONG COLLEGE OF HIGHWAY TECHNICIAN, CHINA

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Abstract

The objective of this research was to develop strategic management guidelines for the preparation of sport players for on-campus sport competitions in Shandong College of Highway Technician, China. The data were analyzed by using content analysis and descriptive statistics, including frequency, mean, and standard deviation. The research findings indicated that 1) needs to enhance the preparation of sport players for on-campus sport competitions were all at the “Middle” level. There were (1) Students will adopt dietary strategies before competition to ensure adequate energy supply. (2) Students will perform physical preparation activities such as stretching or light exercise in the morning before competition. (3) Students have special technical preparation strategies to adapt to special situations they may encounter during competitions. (4) Students conducted teamwork training before the game to ensure effective implementation of tactics. (5) Students undergo special tactical and psychological preparation before the game adapting to the tense environment of the game. 2) the strategic management guidelines of the preparation of sport players for on-campus sport competitions comprised of 5 parts, namely: 1) Set clear and feasible competition goals for students, 2) Develop targeted training plans for students, 3) Develop targeted competition strategies and tactics for students, 4) Guidance and feedback from professional coaches can help improve athletes’ skill levels and competitive abilities, and 5) Provide students with comprehensive support, including physical health, nutritional support and psychological counseling, to ensure that athletes receive support and help in all aspects. The 3 specialists evaluated the completeness and correctness of the management guidelines and possessed IOC values from 0.67 to 1.00 which indicated that the developed strategic management guidelines of the preparation of sport players for on-campus sport competitions were suitable to enhance the preparation of sport players for on-campus sport competitions of college students.

Keywords: Strategic Management Guidelines; Sport Players; On-Campus Sport Competitions

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Introduction

The process of training and preparing athletes for sport. Although pre-competition preparation activities are not a factor of training level, they are an important part of the competition (Bangsbo et al., 2006, pp. 665-674), and have a direct relationship with the performance of athletes' training level and competition ability in the competition. Science Effective preparation activities play a vital role in whether candidates can achieve ideal sport performance in the competition (Ericsson, 2004, pp. s70-s81). It involves the training and development of athletes in terms of physical fitness, technique, tactics, psychology and nutrition to ensure they are at their best and successful in competition.

The training principle of pre-competition preparation, the principles of overload, adaptation, and continuity are the foundation for improving athletic performance. Overload includes pushing athletes beyond their current level of health by increasing intensity, duration, or training frequency, promoting physical adaptation and improvement. The principle of adaptability emphasizes tailoring training to athletes based on their unique starting points, abilities, and goals, ensuring effective and safe progress. Continuity emphasizes the importance of continuous and progressive training to maintain adaptability, minimize the risk of injury, and promote long-term improvement in athletic performance. These principles together form a comprehensive framework that guides athletes to achieve optimal physical fitness and performance levels. Combined, these training principles can help athletes effectively improve performance and adapt to training loads. According to these principles, it is very important to develop an individualized, continuous and progressive training program (Matta & Dwyer, 2002, p. 413). However, in actual training, other factors, such as nutrition, rest, and mental training, need to be considered in order to achieve the best training effect.

Physiological effects of pre-competition preparation, preparatory activities can increase the body's metabolic level and increase body temperature. After a person's body temperature rises, the viscosity of the muscle's decreases, the stretching of muscles and ligaments increases, and the flexibility increases, which has a positive effect on preventing sport injuries (Gleim & McHugh, 1997, pp. 289-299). Ransone (1996, p. 366) conducted a research project titled "Essentials of Strength Training and Conditioning." The result indicated that by doing warm-up exercises, the excitability of muscles was improved, and the speed and strength of muscle contraction and relaxation were enhanced. The conduction speed between the cerebral cortex and the central nervous system can be improved through warm-up activities, making people responsive and flexible.

Physical training before the competition, Bangsbo (2006, pp. 1-14) conducted a research project titled "Training and Testing the Elite Athlete." The result indicated that strength training helps to improve muscle strength and explosive power. Speed training aims to improve an athlete's ability to accelerate and maintain speed. Endurance training includes aerobic and anaerobic training to improve the athlete's cardiorespiratory fitness and muscular endurance. Mobility exercises help improve joint range and body flexibility. Coordination training aims to improve the coordination of

all parts of the athlete's body and motor skills.

Physical training involves training in, a strength training, First, gravity training: use your own body weight or external loads to strengthen muscle strength, such as push-ups, squats, deadlifts, etc. Second, equipment training: use equipment to train specific muscle groups, such as barbells, dumbbells, fitness equipment, etc. Third, explosive strength training: use high-speed, high-intensity movements to improve muscle explosive strength, such as box jumping training, sprinting, etc.

Speed training, first, acceleration training: including initial burst and short-distance acceleration training, such as the improvement of starting posture and reaction speed. Second, speed maintenance training: Through medium and long-distance high-intensity running and interval training, the maximum oxygen consumption and speed maintenance time of athletes can be improved. Endurance training, first, aerobic training: including long-distance running, swimming, cycling and other aerobic exercises to improve cardiopulmonary function and long-term endurance. Second, anaerobic training: Improve muscle endurance and lactate threshold through high-intensity, short-duration explosive activities, such as sprint training, weight lifting, etc.

Flexibility training, first, Static Stretching: Maintaining posture and stretching muscle groups for extended periods of time increases joint range and flexibility. Second, dynamic stretching: Stretching muscle groups through fluid movements, such as dynamic kicks, rotations etc.

Coordination training, first, balance training: strengthen the sense of balance and stability of the body, such as standing on one foot, balance board training etc. Second, sport skills training: coordination training for specific sport, such as catching and fencing.

The combination of these training programs can comprehensively improve the physical fitness level of athletes. When formulating a specific pre-competition training plan, it is necessary to make reasonable arrangements according to the requirements of the sport, personal circumstances and training stages, and pay attention to the principles of adaptability and continuity. At the same time, scientific nutritional intake and adequate rest are also important factors to ensure training effects (Potgieter, 2013, pp. 6-16).

This may cause some students to be unable to find suitable preparation methods and affect their performance in competitions; in addition, some schools may lack comprehensive sport resources and support systems, which limits the development of students and coaches in pre-competition preparation (Cunningham et al., 2022, pp. 654-671). Finally, due to the limited time and energy of students and coaches, they may not have enough time to research and understand the latest pre-game preparation methods and techniques. Therefore, in order to solve these problems, a comprehensive and personalized pre-match preparation instruction manual needs to be developed. to provide specific guidance and advice. Through further research and exploration, the current existing problems can be solved and students can be promoted to achieve excellent results and performance in inter-school competitions.

Research Objectives

To develop strategic management guidelines for the preparation of sport players for on-campus sport competitions in Shandong College of Highway Technician, China.

Research Method

Scope of Study

1. Strategic Management refers to the process of planning, organizing, leading, and controlling an organization's resources to achieve its goals and objectives. (Malarvizhi, 2024, pp. 6-94)

1.1 Environmental scanning refers to the process of monitoring, evaluating, and disseminating information from the external and internal environments to key people within the corporation.

SWOT Analysis refers to a strategic planning tool used to evaluate the Strengths, Weaknesses, Opportunities, and Threats involved in a project or in a business venture.

PEST Analysis refers to an analysis of the Political, Economic, Social, and Technological environment in which an organization operates.

1.2 Strategy formulation refers to the development of long-range plans for the effective management of environmental opportunities and threats in light of a corporation's strengths and weaknesses.

Visions refers to a statement that describes what an organization wants to become in the future.

Missions refers to a statement that describes the fundamental purpose of an organization.

Goals and objectives refer to specific, measurable, achievable, relevant, and time-bound targets that an organization aims to achieve.

Tactics refers to the specific actions or steps taken to achieve the goals and objectives.

Corporate strategy refers to the overall strategy of a corporation that involves the management and coordination of its various business units and resources to achieve its goals.

Functional strategy refers to the strategies developed by each functional area of the organization to support the corporate strategy.

Operational strategy refers to the strategies developed by the operations function to support the functional and corporate strategies.

1.3 Strategy implementation refers to the process of putting a strategy into action by allocating resources, assigning responsibilities, and ensuring that the strategy is effectively communicated and executed

1.4 Evaluation and control refers to the process of monitoring the implementation of a strategy, comparing actual performance with expected performance, and taking corrective action if necessary

2. Preparation of Sport Players for On-Campus Sport Competitions (Jukic et al., 2018, pp. 15-24)

2.1 Demands and Consequences of High-Performance Team Sport

Demands: High-performance team sports place extremely high demands on athletes' physical

fitness, technical skills, tactical awareness, and psychological qualities.

Consequences: Failure to meet these demands can lead to poor performance in competitions, increased risk of injury, and negatively impact team cooperation and overall competitiveness.

2.2 Worldwide Experiences in Structuring Sport Preparation Systems

International Experiences: Different countries and regions have varying practices and experiences in structuring sport preparation systems, which can serve as references for on-campus sport competitions.

2.3 Structure of Sport Preparation and Integral Sport Performance in Team Sports

2.3.1 Knowledge set

Theoretical Foundation: Includes multidisciplinary knowledge such as sports science, psychology, and nutrition, providing theoretical support for athletes' preparation.

2.3.2 specific performance in sport

Technical performance: Athletes' accuracy and proficiency in technical movements.

Competition Performance: Athletes' comprehensive performance in actual competitions, including the integrated use of technical, tactical, and psychological qualities

2.3.3 general performance in sport

Health performance: Refers to the overall health status of athletes, including physical fitness, endurance, flexibility, and the absence of injuries or illnesses.

Physical performance Involves the physical capabilities of athletes, such as strength, speed, agility, and endurance, which are crucial for optimal performance in sports.

Mental performance: Pertains to the psychological aspects of sports performance, including focus, motivation, stress management, and resilience under pressure.

Recovery Performance: The ability of athletes to recover quickly and efficiently from training and competitions, which is essential for maintaining performance levels and preventing overtraining

Life performance: How athletes perform in their daily lives, including their ability to balance sports with other aspects of life, such as academics, social activities, and personal well-being.

2.3.4 integral performance in sport.

Integral performance in sport encompasses the holistic development of athletes, integrating their health, physical, mental, and life performances to achieve peak performance in competitions. It emphasizes the importance of a balanced approach to training and preparation, ensuring that athletes are not only physically fit but also mentally strong and capable of managing the demands of sports and daily life.

2.4 Support System for Integral Performance in Sport

2.4.1 Sport Science Support

Sport science support involves the application of scientific principles and research

to enhance athletes' performance. This includes areas such as biomechanics, physiology, psychology, and nutrition, which provide evidence-based methods for optimizing training, recovery, and competition strategies.

2.5 Methodology for Improvement of Integral Performance in Sport

This section outlines the various methodologies and approaches used to improve integral performance in sport. It includes training programs, coaching techniques, psychological interventions, and technological advancements that can be employed to enhance athletes' overall performance.

2.6 Sport Performance as Scientific, Empirical and Artistic Expression

Sport performance is a multifaceted phenomenon that can be understood through scientific research, empirical observation, and artistic expression. This section explores how these different perspectives contribute to the development and evaluation of sports performance, highlighting the importance of a comprehensive approach that integrates knowledge from various disciplines.

2.7 High Performance in Sport in T in The Service of Life

This section discusses how high performance in sport can be leveraged to improve athletes' quality of life. It emphasizes the transferable skills and qualities developed through sports, such as discipline, teamwork, and resilience, which can be applied to other areas of life, contributing to personal growth and well-being.

3. Needs of Strategic Management Guidelines for the Preparation of Sport Players for On-Campus Sport Competitions (DeLuca & Braunstein-Minkove, 2016, pp. 1-12)

3.1 physiological preparation

Physiological preparation involves optimizing athletes' physical health and fitness through proper nutrition, hydration, and rest. It also includes understanding the physiological demands of the sport and tailoring training programs to enhance endurance, strength, and flexibility.

3.2 Technical and tactical preparation

Technical preparation focuses on developing athletes' skills and techniques specific to their sport, while tactical preparation involves understanding and applying strategies and game plans. This includes analyzing opponents, developing game strategies, and practicing team tactics to improve overall performance.

3.3 Mental preparation

Mental preparation is crucial for athletes to perform under pressure. It involves developing psychological skills such as focus, motivation, confidence, and stress management. Techniques such as visualization, positive thinking, and goal setting are often used to enhance mental resilience and performance.

3.4 Physical preparation

Physical preparation includes structured training programs designed to improve athletes' physical capabilities. This involves strength training, endurance exercises, agility drills, and flexibility routines to ensure athletes are in peak physical condition for competitions.

3.5 Emotional preparation

Emotional preparation helps athletes manage their emotions effectively, especially during high-pressure situations. It involves developing emotional intelligence, learning to cope with stress and anxiety, and maintaining a positive attitude towards competition.

3.6 Medical preparation

Medical preparation ensures that athletes are in good health and free from injuries. It includes regular medical check-ups, injury prevention strategies, and appropriate treatment and rehabilitation for any existing injuries. Access to medical professionals and sports medicine resources is essential for maintaining athletes' health and performance.

These strategic management guidelines provide a comprehensive framework for preparing athletes for on-campus sport competitions, addressing their physiological, technical, tactical, mental, physical, emotional, and medical needs to enhance their overall performance and success in sports.

Population and Samples

This study was conducted strategic management guidelines for the preparation of sport players for on-campus sport competitions in Shandong Collage of Highway Technician, China. The population for this research project were divided into 2 groups; namely, 1) 385 students and 2) 20 teachers.

The samples in this study were obtained through stratified random sampling technique and then were divided into 2 groups; namely, 1) 385 students and 2) 20 teachers (Yamane, 1967, p. 887).

Research Instrument

In this research project, a questionnaire was employed for the data collection. The questionnaire was divided into 2 parts; namely, 1) general information, and 2) needs of constructing strategic management guidelines for the preparation of sport players for On-Campus Sport Competitions in Shandong Collage of Highway Technician, China. The questionnaire was evaluated for the validity through Index of congruence (IOC) by the 3 specialists. Each question in the questionnaire was in the range of IOC 0.50 to 1.00. The reliability of the questionnaire was evaluated in terms of Cronbach Alpha Coefficient at 0.80 (Cronbach, 1951, pp. 297-334).

Data Collection

For the investigation of needs, the researcher herself collected the data and information collected from the sample groups online via emailing. The researcher submitted a letter of permission to the school director in advance to ask a permission to collect the data and information from the samples group at the Vocational College.

Data Analysis

The Data and information collected will be analyzed, interpreted and then presented in terms of frequency court, percentage, mean ($\bar{x}$), standard deviation (S.D.), PNI. The Five Point Likert Rating Scale was used to evaluate the respondents' needs of the constructing strategic management guidelines for the preparation of sport players for on-campus sport competitions in Shandong collage of highway technician, China.

The criteria and define at the range of the mean scores as the following: The ideas and comments from the 5 specialists obtained from the focus group discussion meeting were analyzed by using Quantitative Research Method and then used to correct and improve the contents of the management guideline. Rating reference table: (Srisa-ard, 2002, p. 103)

weight/Scale	Mean Range	Verbal Interpretation
5	4.51-5.00	Highest
4	3.51-4.50	High
3	2.51-3.50	Middle
2	1.51-2.50	Low
1	1.00-1.50	Lowest

Conclusions

The research findings indicated that needs to enhance the preparation of sport players for on-campus sport competitions were all at the “Middle” level. There were (1) Students will adopt dietary strategies before competition to ensure adequate energy supply. (2) Students will perform physical preparation activities such as stretching or light exercise in the morning before competition. (3) Students have special technical preparation strategies to adapt to special situations they may encounter during competitions. (4) Students conducted teamwork training before the game to ensure effective implementation of tactics. (5) Students undergo special tactical and psychological preparation before the game adapting to the tense environment of the game. (6) Students have specific mental rehearsal or visualization exercises to increase confidence and performance. (7) Before the competition, students have specific verbal declarations of self-motivation or positive attitude. (8) Students will use music, videos or other methods to adjust their mood before the game. (9) Students have specific strategies for dealing with distractions and negative thinking before competition. (10) Students undergo targeted physical training prior to competition to improve strength, endurance, or speed. (11) Students have specific meal plans before competition to ensure adequate energy supply. (12) Students undergo special recovery training before competition to reduce fatigue and ensure optimal condition.

Strategic Management Guidelines for the Preparation of Sport Players for On-Campus Sport Competitions in Shandong Collage of Highway Technician, China

The strategic management guidelines of the preparation of sport players for on-campus sport competitions comprised of 5 parts, namely: 1) Set clear and feasible competition goals for

students, 2) Develop targeted training plans for students, 3) Develop targeted competition strategies and tactics for students, 4) Guidance and feedback from professional coaches can help improve athletes' skill levels and competitive abilities, and 5) Provide students with comprehensive support, including physical health, nutritional support and psychological counseling, to ensure that athletes receive support and help in all aspects.

SWOT Analysis

Strength:

1. Facilities and Coach Resources: The college has modern sports facilities and a professional coaching team, which can provide high-quality training for athletes.
2. Comprehensive support system: providing comprehensive support such as sports medicine, nutrition counseling, and psychological counseling to assist athletes in their all-round development.
3. Campus sports culture: The college has a strong sports culture, which can stimulate students' enthusiasm for sports and attract outstanding athletes.
4. External Cooperation: Collaborate with sports organizations to provide athletes with higher-level competition opportunities and resources.

Weakness:

1. Limited popularity: The low popularity among potential athletes from other regions limits the scope of talent recruitment.
2. Insufficient resources: Limited funds and resources may affect the expansion of sports programs and scholarship arrangements.
3. Competitive pressure: Facing competition from other universities, it is difficult to attract top athletes.
4. Incomplete projects: Some sports projects lack professional training facilities or courses, which are not attractive to specific athletes.

Opportunity:

1. Growth in Sports Interest: The increasing interest of young people in sports provides opportunities for the college to attract students with sports talents.
2. External funding: Government and corporate sponsorship can be sought to support the development of sports projects and attract outstanding athletes.
3. Technology application: Utilize technology to improve training levels, provide personalized guidance, and enhance attractiveness.
4. Project expansion: Add emerging sports to attract more athletes of different types.
5. Community cooperation: Collaborate with local schools and sports clubs to cultivate and attract young talents in advance.

Threats:

1. Changes in sports landscape: The trend of sports events is changing rapidly and needs to be adjusted in a timely manner to maintain competitiveness.

2. Economic uncertainty: Economic instability may affect sports project funding and hinder athlete recruitment.

3. Health and safety risks: Public health events may interrupt sports activities, affecting athlete recruitment and training.

4. Technological gap: If the college cannot keep up with the development of sports technology, it may be at a disadvantage in attracting technology-based athletes.

Based on the above analysis, the college has both advantages and opportunities in recruiting school team athletes, as well as challenges. Colleges should fully leverage their own advantages, seize development opportunities, and strive to overcome shortcomings and potential threats to enhance their competitiveness and attractiveness in sports competitions.

Strategic Management refers to the process of planning, organizing, leading, and controlling an organization's resources to achieve its goals and objectives. (Malarvizhi, 2024, pp. 6-94)

Environmental scanning

SWOT Analysis: Evaluate the internal strengths and weaknesses of sports projects, identify external opportunities and threats.

PEST Analysis: Analyze the political, economic, social, and technological environment to understand the impact of macro factors on campus sports.

Strategy formulation

Vision & Mission: Clarify the vision and mission of the sports project, set long-term goals and core principles.

SMART Goals: Develop specific, measurable, achievable, relevant, and time bound preparation goals.

Action Plans: Develop a detailed action plan, specifying steps, resources, and allocation of responsibilities.

Strategy implementation

Resource Allocation: Reasonably allocate funds, manpower, and material resources to ensure the smooth progress of training and preparation.

Communication: Establish an effective communication mechanism to ensure that all parties have consistent goals.

Training Programs: Implement comprehensive training and development plans to enhance the professional abilities of athletes and coaches.

Evaluation and control

Monitoring: Track the progress of strategic implementation and collect key performance indicator data.

Performance Review: Regularly evaluate the effectiveness of preparation, compare goals with actual performance, and adjust strategies in a timely manner.

Continuous Improvement: Encourage innovation and learning, and continuously optimize the preparation guide based on feedback.

Preparation of Sport Players for On-Campus Sport Competitions (Jukic et al., 2018, pp.15-24)

Demands and Consequences of High-Performance Team Sport

Comprehensive Preparation: Emphasize high requirements in physical fitness, skills, tactics, psychology, and other aspects.

Risk Awareness: Explain the potential adverse consequences of inadequate preparation, such as poor performance and increased risk of injury.

Worldwide Experiences in Structuring Sport Preparation Systems

Benchmarking: Learn from the international excellent sports preparation system and make improvements based on the actual situation of our school.

Collaboration: Collaborate with international sports organizations to carry out exchange programs and improve preparation levels.

Structure of Sport Preparation and Integral Sport Performance in Team Sports

Knowledge Base: Based on interdisciplinary knowledge such as sports science, psychology, nutrition, etc.

Performance Focus: Focus on key areas such as specialized technology, competition performance, health and physical fitness, psychology and recovery.

Holistic Development: Emphasize the comprehensive development of athletes, balancing training with daily life.

Support System for Integral Performance in Sport

Sport Science Support

Sport Science Application: Optimize training and recovery strategies using principles of sports science.

Improvement Methodologies: Adopting a combination of scientific, empirical, and artistic methods to enhance performance.

Life Skills: Emphasize the positive impact of sports performance on personal growth and quality of life.

Methodology for Improvement of Integral Performance in Sport

Evidence-Based Training: Adopting scientific training methods, combined with technical analysis and psychological intervention, to enhance the comprehensive performance of athletes.

Technological Integration: Utilize modern technologies such as wearable devices and data analysis to monitor athlete performance and provide personalized feedback.

Recovery Practices: Emphasize the importance of recovery, including appropriate rest, nutritional supplementation, and physical therapy to reduce fatigue and injury risks.

Sport Performance as Scientific, Empirical and Artistic Expression

Scientific Approach: Utilize knowledge from disciplines such as sports science, physiology, and psychology to provide theoretical support for training.

Empirical Observation: Collect data and analyze athlete performance through actual competitions and training observations in order to adjust training plans.

Artistic Expression: Recognizing the artistic nature of sports performance, encouraging athletes to unleash their individuality and creativity on the basis of scientific training.

High Performance in Sport In T in The Service of Life

Transferable Skills: Emphasize the positive impact of skills developed through sports training, such as teamwork, discipline, and resilience, on athletes' future lives.

Personal Growth: Promote the personal growth of athletes, help them learn to face challenges, set goals, and realize their self-worth in sports competition.

Health and Well-being: Emphasize the positive impact of sports activities on athletes' long-term health and quality of life, and encourage them to continue a healthy lifestyle into retirement.

Needs of Strategic Management Guidelines for The Preparation of Sport Players for on-Campus Sport Competitions

Physiological preparation

Nutrition & Hydration: Provide reasonable dietary and hydration advice.

Rest & Recovery: Emphasize the importance of adequate rest and recovery.

Technical and tactical preparation

Skill Training: Training for specialized techniques.

Tactical Awareness: Improve tactical understanding by analyzing opponents and simulating matches.

Mental preparation

Psychological Skills: Develop focus, motivation, confidence, and stress management skills.

Mental Training: Implement psychological training programs to enhance the ability to cope with stress.

Physical preparation

Strength & Conditioning: Design a training plan to enhance physical fitness.

Injury Prevention: Emphasize strategies and measures to prevent injuries.

Emotional preparation

Emotional Intelligence: Develop emotional management skills to cope with high-pressure competitions.

Emotional Regulation: Teach emotional regulation techniques such as deep breathing and positive self-talk.

Medical preparation

Medical Check-ups: Regularly conduct health checkups to promptly identify potential issues.

Injury Management: Provide medical support and rehabilitation guidance to ensure safe recovery training.

Discussion

This research is of great significance for practical applications and contributions to related fields. First, by investigating the preparation needs of sports athletes from Shandong Highway Technician College to participate in campus sports competitions, we provide in-depth understanding of students' preparation for competitions. This provides schools and coaches with valuable reference to develop more effective training and game preparation plans based on

students' needs, thereby improving students' performance in campus sports competitions.

Second, we developed strategic management guidelines for the preparation of Shandong Highway Technician College athletes to participate in campus sports competitions. Based on in-depth analysis of student needs and research results, these guidelines provide schools with systematic and comprehensive guidelines to help students realize their full potential and improve their competitive level in preparation for competitions.

In addition, we evaluated the effectiveness of the Strategic Management Guidelines for Shandong Highway Technician College Sports Athletes' Preparation for Campus Sports Competitions, providing the school with a basis for evaluation and improvement. By tracking and evaluating student performance and outcomes after implementing the guidelines, schools can adjust and optimize the guidelines in a timely manner to ensure they remain effective and produce the desired results.

Overall, this study provides guidance for schools and educational institutions to help them better manage and support students' preparation for school sports competitions. By providing customized strategic management guidance and practical advice, our research is expected to have a positive impact on improving student performance in competitive sports and promoting the development of campus sports.

According to Popovich et al., (2020, pp. 43-52) conducted the types of pre-game expectations in the athletes of sport games. The result indicated that the purpose of the article is to study the types of expectations that have formed within athletes of Sport Games before competitions. This study focuses on 342 football, mini football, handball, volleyball, and women's volleyball players aged 14-38 who participated in competitions of different difficulty levels. Using standardized questionnaire testing, social measurement-based expectation measurement techniques, content analysis, and K-means clustering analysis, this study investigates the types of pre competition expectations of athletes before a competition. Cluster analysis identified four types: Real Value Type (RVT), Passive Moderation Type (PMT), Unrealistic Practical Type (UPT), and Active Moderation Type (AMT). The research results have significant implications for coaching teams, sports supervisors, individuals involved in coaching and team management, as well as researchers in the fields of physical education and sports psychology education.

McEwan and Crawford (2022, pp. 1-43) conducted teamwork execution break down. Experiences of university team sport athletes.” The result indicated that teamwork is a dynamic process that may fluctuate with the time the team spends together, included in a game. The purpose of the current research is to better understand why teams cannot effectively execute as a team. Teamwork is one of the key factors in competitive sports, and emphasizing the cultivation of teamwork and communication with coaches and teammates before the competition can greatly promote team development and common progress. Teamwork has a significant impact on improving competition performance, and coaches play an important role in cultivating teamwork, emphasizing team building and organizing activities. Good communication and exchange are crucial for team collaboration, and members should learn to communicate effectively and share

viewpoints. Training team collaboration requires a series of methods, such as regular meetings, conducting team building activities, and creating a positive team culture. The conclusion is that teamwork is essential for pre competition development and mutual improvement. Athletes should focus on cultivating teamwork and actively participate in team activities to achieve common goals and success.

Comas (2023, pp. 1-193) conducted intramural sport officials' training, development and performance. The result indicated that it is very important to ensure familiarity with the rules of the game and refereeing requirements, which can help athletes avoid Make mistakes because you don't know the rules. First of all, understanding the rules of the game can help us better understand the process and requirements of the game and ensure that correct decisions are made during the game. Secondly, understanding referee requirements can help us communicate effectively with referees and abide by the rules of the game. Understanding the referee's penalties and auxiliary penalty standards can also help us predict possible situations in the game and make appropriate preparations. In addition, knowing the rules of the game can also help us develop tactics and strategies to maximize our advantages. In short, by being familiar with the rules of the game and the requirements of referees, we can increase our competitiveness in the game and reduce unnecessary losses caused by mistakes in the rules. Therefore, before participating in the game, we should take the time to carefully study and understand the rules of the game, and communicate with the referee in advance to ensure a clear understanding of the requirements and points of the game.

Suggestion

1. Psychological Skills Training: Conduct psychological skills training courses to help athletes develop confidence, focus, stress management, and problem-solving abilities. By providing professional psychological counseling and skills training, assist athletes in overcoming psychological barriers and enhancing their performance during competitions.

2. Team Collaboration Training: Emphasize the importance of teamwork and team spirit, and strengthen athletes' cooperation abilities and trust through team collaboration training and activities. Establishing a positive team atmosphere and cooperative relationships can contribute to improving the overall team's readiness and performance.

3. Nutritional and Recovery Guidance: Provide guidance and support in nutrition and recovery to ensure athletes receive adequate nutrition and recovery during competitions. This may include collaborating with nutritionists and rehabilitation experts to develop personalized dietary plans and recovery programs to maximize athletes' physical condition and performance.

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