



# Looking to the Future

Scientific and Technical Preparation  
for Beijing 2008 Olympic Games

---

Prof. Liu Dan

China Institute of Sport Science, Beijing, China

# Main contents

---

- **I. Training Athletes for Preparing 2008 Olympic Games**
- **II. Construction of the Training Bases for 2008 Olympic Games**
- **III. Science and Technology Guarantee for the Olympic Games**
- **IV. The 11 Important Research Fields for Preparing 2008 Olympic Games**
- **V. Brief Introduction of the Sport Science Institutions in China**

# *I. Training Athletes for preparing 2008 Olympic Games*

新北京 新奥运  
New Beijing, Great Olympics

Olympics



www.b

# Special Training System of Athletes for Preparing 2008 Olympic Games



The authority department in charge of sports in China :

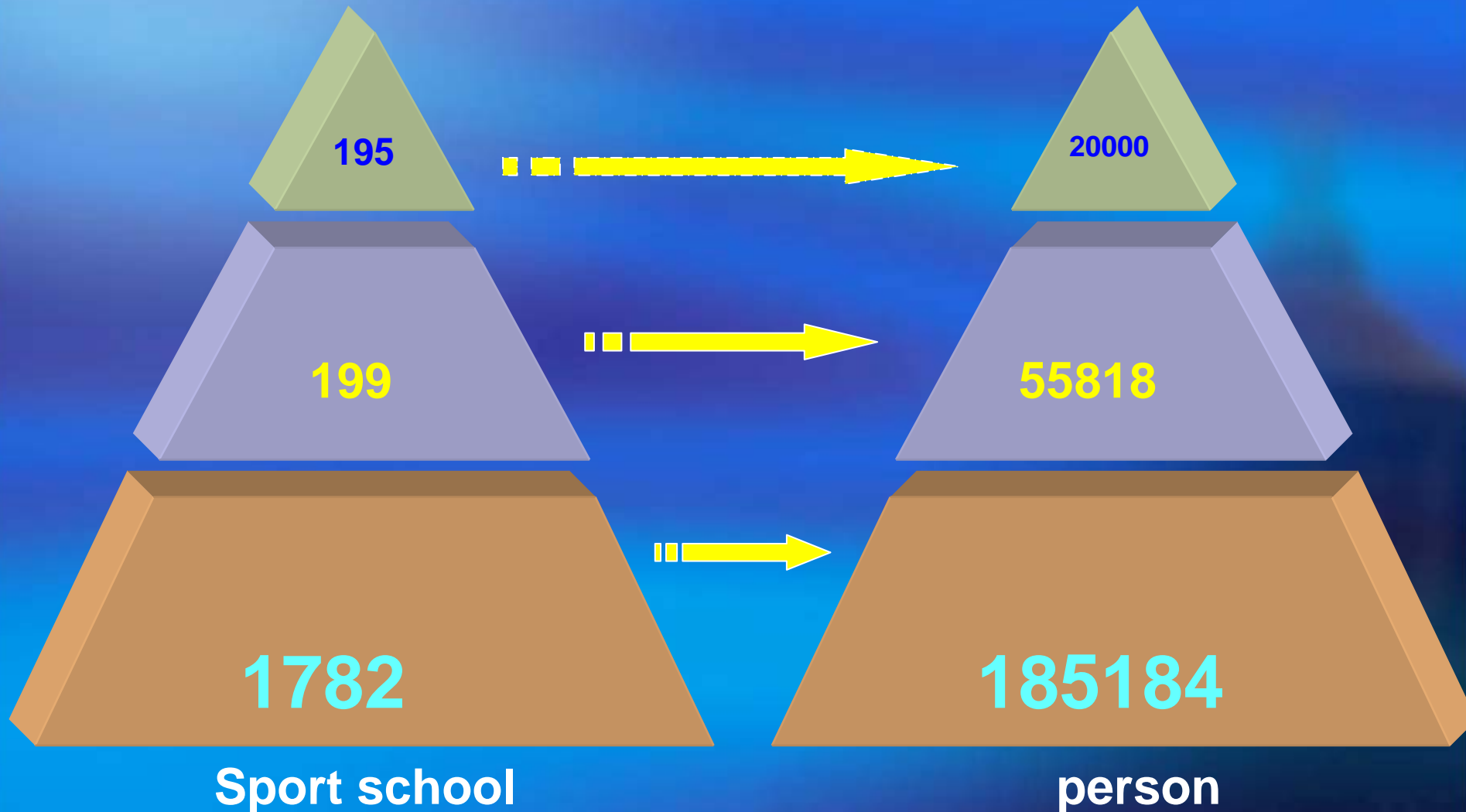
China State  
Sports General  
Administration

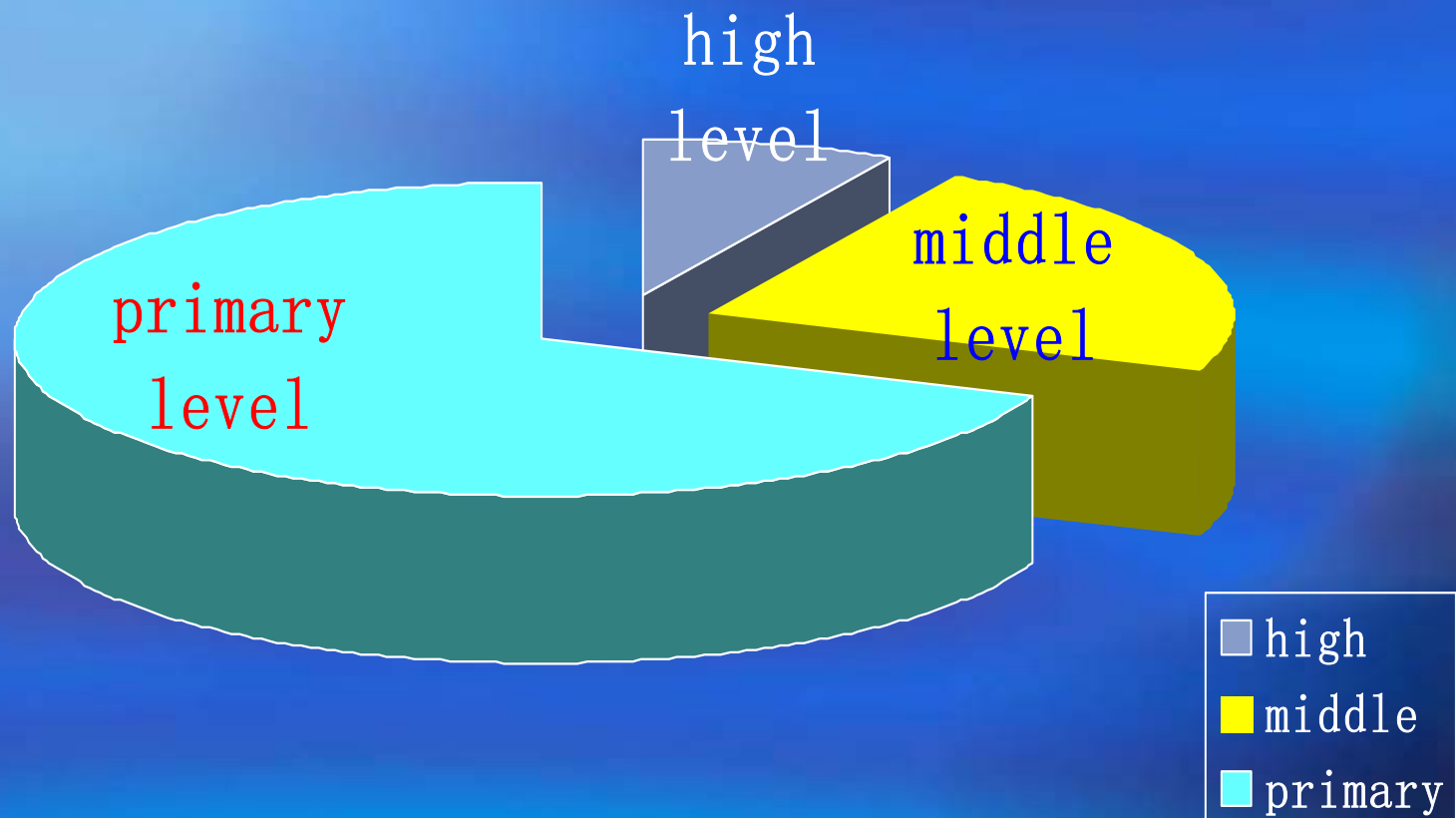




# A 3-level training system

(high level/middle level/primary level) is formed in China.





**The ratio of the above three levels is 1: 3: 9**



## **II. Construction of the Training Bases for 2008 Olympic Games**



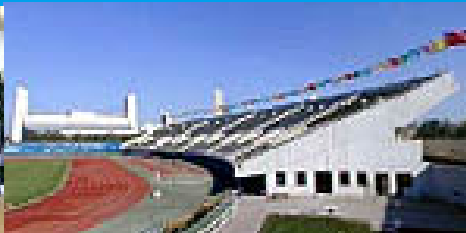
# The major training bases in Beijing:

- Training Center of China State Sports General Administration,
- Olympic Sports Center,
- Shooting and Archery Center,

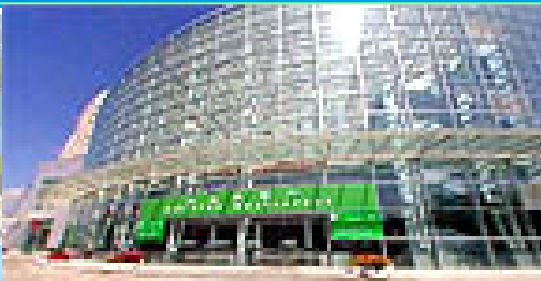


# The major training bases in Beijing:

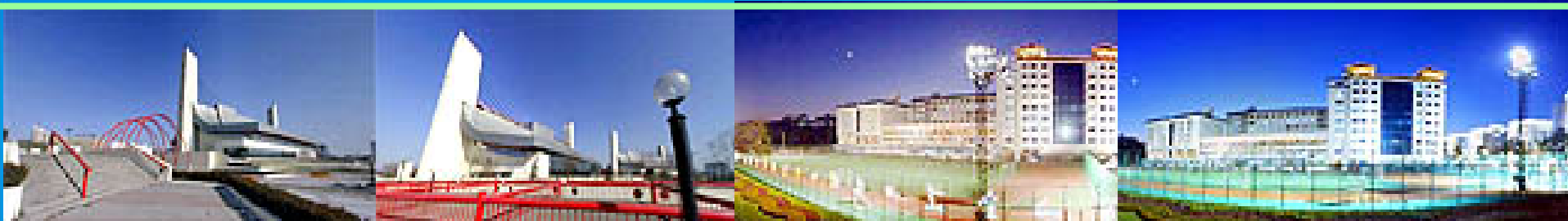
- Bicycle and Fencing Center,
- Winter Sports Center,
- Beijing Sport University,
- Qinhuangdao Sports Training Center



- The provincial and municipal training bases often take the training tasks of national teams



**Building and perfecting the comprehensive and scientific training bases which integrate training with scientific research will be the foundation and guarantee to improve the sport results**





# The Feature of the training bases in China:

- A. The Special Outcome of Training System in China
- B. The major channels to promote the application and transformation of the scientific achievements.
- C. Combine Training with Research



# The functions of the training bases:

- Scientific test,
- physical recovery,
- functional inspection,
- prevention and treatment of injury and disease,
- the internet and information system an so on.





# III. Science and Technology

## Guarantee for the Olympic Games





# 1.The Sports Training Supervision Lab



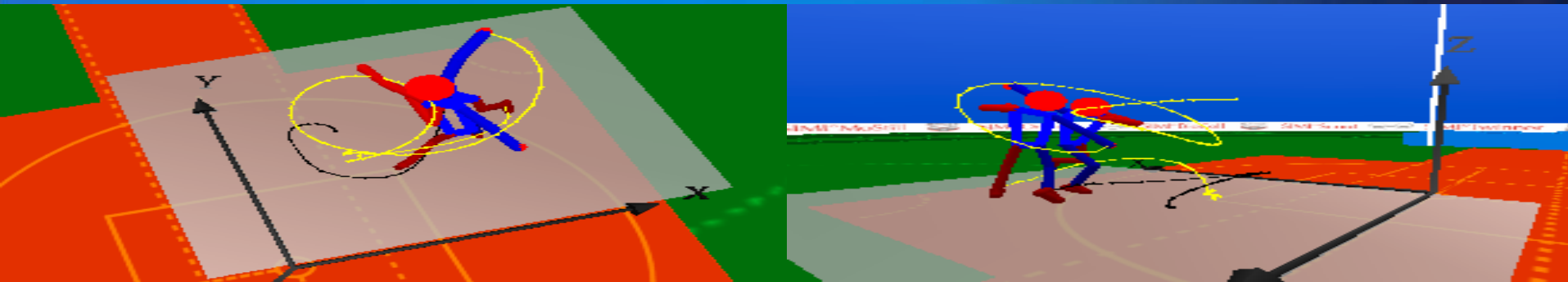
# 2. The Sports Psychology Lab



# 3. The Sports Medicine Research Center



# 4. The Sports Information Center





# 5. The Physical Recovery and Sports Nutrition Research Center





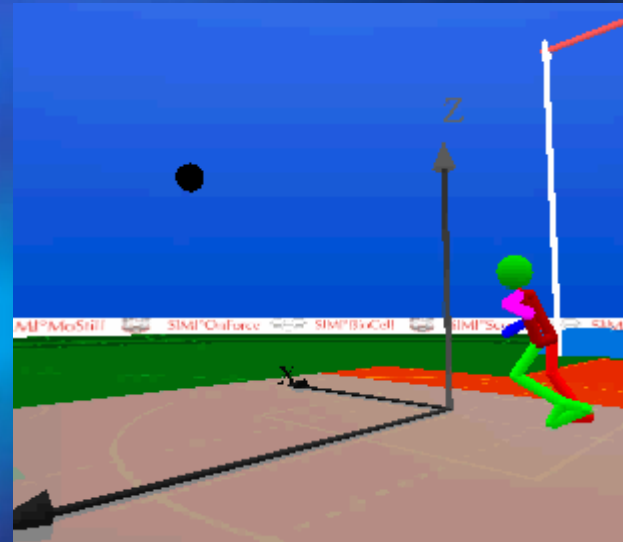
# 6. The Physical Training Center



# 7. The Doping Control Center



# IV. The 11 Important Research and Service Fields in the Olympic Games



- 1.The scientific selection of athletes



- 2. The study of the scientific training theories and measures



- 3. The study of the scientific supervision and the functional evaluation for the training of the excellent athletes





- 4. The study and application of the physical recovery of athletes and sports nutrition



- 5. The sports psychological consultation and the study and application of the training theories and measures



- 6. The study and application of the prevention and treatment of sports injuries and diseases



- 7.The development and application of the Chinese medicine



- 8. The study and application of anti-doping methods



# ■ 9. The study and application of sports information service





- 10. The development of the special training and competition equipments



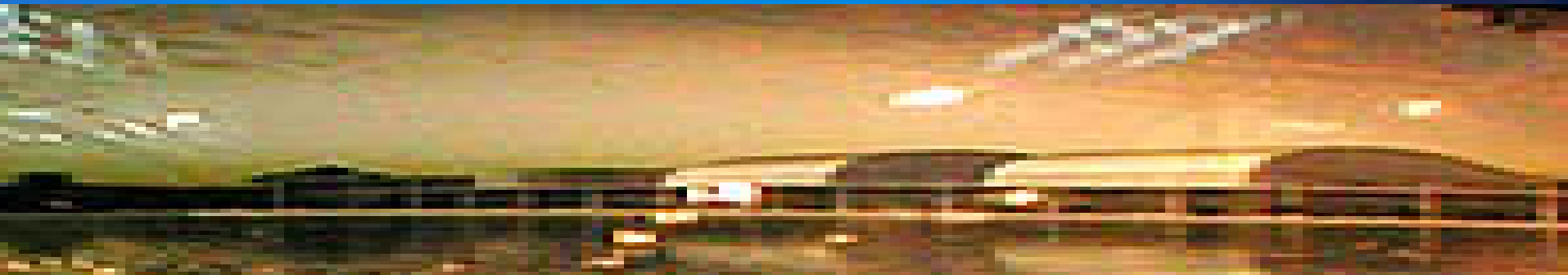
- 11.The comprehensive management and strategic research of the competitive sports



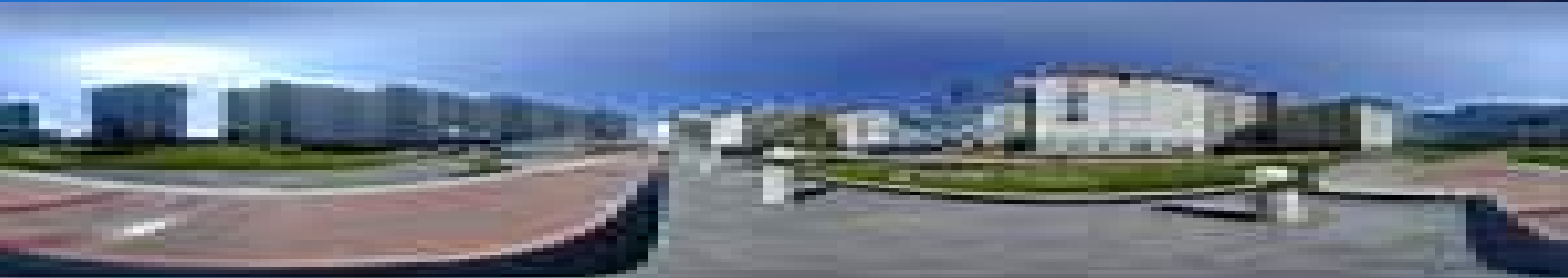
# **V. Brief Introduction of the Sport Science Institutions in China**



# ■ China Institute of Sport Science



# ■ China Sport Information Center



■ China Sports

Medicine Institute





- **The Sport Science Institute  
of Beijing Sport University**



- Provincial and municipal sport science institutes in 31 provinces in China



**Next, I will make a brief introduction  
of China Institute of Sport Science,  
in which I have worked for 16 years.**



**China Institute  
of Sport Science**

```
graph LR; A[China Institute of Sport Science] --- B[1. Competitive Sport Research Center]; A --- C[2. Mass Sports Research Center]; A --- D[3. Sports Biological Science Research Center]; A --- E[4. Sports Social Science Research Center]; A --- F[5. Sport Instruments and Equipments Research Center]; A --- G[6. Test and Laboratory Center];
```

**1. Competitive Sport  
Research Center**

**2. Mass Sports  
Research Center**

**3. Sports Biological  
Science Research Center**

**4. Sports Social Science  
Research Center**

**5. Sport Instruments and  
Equipments Research Center**

**6. Test and  
Laboratory Center**

# 1. Competitive Sport Research Center

---

- a) sport training research group
- b) special events training research group
- c) sports psychology group
- d) sports biomechanical group

## **2. Mass Sports Research Center**

---

- a) national people's fitness supervision group
- b) body constitution research group
- c) scientific body building methods group
- d) mass sports theory research group



# **3. Sports Biological Science Research Center**

---

- a) exercise physiology research group
- b) sports biochemistry group
- c) sports medicine group
- d) exercise health care and recovery  
group

# **4. Sports Social Science Research Center**

---

- a) sports social science group
- b) sports economy group
- c) sports law research center

# **5. Sport Instruments and Equipments Research Center**

---

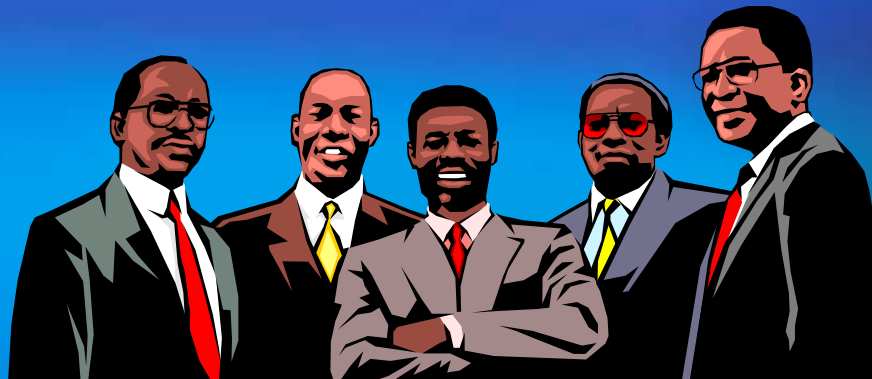
- a) computer applied techniques group
- b) mechanical design group
- c) electronic techniques group
- d) new material development group
- e) network techniques group
- f) sport surveying group

# 6. Test and Laboratory Center

---

- a) fitness diagnosis and supervision system
- b) body training diagnosis and supervision system
- c) technical diagnosis and supervision system
- d) tactical diagnosis and supervision system
- e) psychological training level diagnosis and supervision system
- f) diagnosis and supervision system of the physiological and biochemical indexes
- g) histochemistry test system

- At last, I sincerely hope that everybody here could have a chance to attend the Scientific Conference of Beijing 2008 Olympic Games and you are warmly welcome to Beijing!





支持





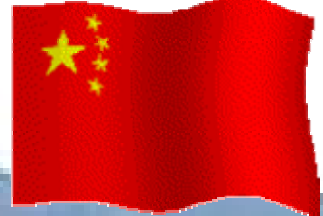
***cnsphoto***











**Thank you for your attention.**

**2008年  
我们北京见！**