



# A Study on Socioeconomic Support Systems and Success Rate of Track and Field Athletes in Inner Mongolia Autonomous Region, China

Erlong Gao

Emilio Aguinaldo College Manila, Philippines

Email: [erlong.gao.mnl@eac.edu.ph](mailto:erlong.gao.mnl@eac.edu.ph)

**Abstract:** This study investigates the correlation between socioeconomic support systems and the success rates of track and field athletes in the Inner Mongolia Autonomous Region of China. Utilizing both primary and secondary data, the research explores the role of governmental programs, educational institutions, family and community support, and financial aid in shaping athletic performance. The findings reveal a strong correlation between robust socioeconomic support and higher athletic success, with significant disparities observed between regions with varying levels of resources. The study identifies key challenges, including inadequate funding and uneven resource distribution, and proposes opportunities for improvement through increased investment, stakeholder partnerships, and enhanced community involvement. Recommendations are made to guide policy and practice towards more equitable support systems, aiming to nurture athletic talent across all socioeconomic backgrounds.

**Keywords:** Socioeconomic Support Systems; Track and Field Athletes; Athletic Success; Governmental Support; Financial Aid; Sports Infrastructure

## Introduction

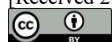
### 1.1 Background of the Study

The development and success of athletes in track and field is a multifaceted phenomenon influenced by global, national, and local factors. Globally, the success of athletes is often linked to the availability of resources, access to high-quality training facilities, advanced coaching techniques, and strong support systems, including sponsorship and governmental backing. Countries like the United States, Jamaica, and Kenya have long-established systems for identifying and nurturing talent, supported by robust socioeconomic structures that facilitate their development [1]. Nationally, China has made significant progress in sports since the late 20th century, driven by the government's emphasis on sports as a source of national pride and international prestige. The Chinese sports system includes state-supported training programs, specialized schools, and a stringent selection process for elite athletes [2]. This model has seen success in gymnastics, weightlifting, and table tennis, but track and field performance varies across regions due to disparities in resources and socioeconomic conditions [3].

In Inner Mongolia, traditional sports such as horse racing and wrestling have played a central role in the region's cultural identity for centuries. These sports are deeply rooted in the local nomadic lifestyle and are celebrated through festivals and community events, serving as a foundation for physical and athletic development. This rich tradition of physical prowess has laid the groundwork for the inclusion of track and field sports, where endurance and strength, key attributes in traditional sports, are crucial. The intersection of these culturally significant sports with modern track and field disciplines provides an interesting area of study, as it allows for the examination of how cultural heritage influences the development of contemporary sports. Understanding this relationship is vital in assessing the potential of traditional sports to contribute to the success of track and field athletes in the region. (Table 1) Inner Mongolia presents a case where geographic isolation, economic disparities, and ethnic diversity create distinct challenges for athletic development. Despite these barriers, the region has a history of success in endurance-based track and field events, attributed to both physiological adaptations and the legacy of traditional sports. This makes Inner Mongolia an ideal location to explore how regional socioeconomic support systems affect the success rates of athletes. The choice of this region allows for a comprehensive analysis of the interplay between cultural heritage, economic conditions, and governmental policies in shaping athletic outcomes.

Table 1 provides an overview of gold medal achievements by Inner Mongolia's track and field athletes in the National Games from the 1st to the 13th sessions. Inner Mongolia has achieved a total of 18 gold medals, with an average of 1.38 medals per session. Among these, endurance events such as marathons, race walking, and long-distance running are the dominant contributors, accounting for 88.9% of the total gold medal count. Key performances include the 80m hurdles, marathon, 20km and 50km race walks, and other long-distance track events.

Table 1, Gold Medal Statistics in Track and Field for Inner Mongolia from the 1st to the 13th National Games (Data Source: China Athletics History and 13th National Games Official Website)



Session	Event Name	Gold Medals
1st	Men's Group: Marathon, Women's Group: 80m Hurdles	2
2nd	Men's Group: 5000m, 3000m Steeplechase, Marathon	3
3rd	Boys' Group: 800m, Boys' Group: 200m	2
4th	Men's Group: 10000m	1
5th	Men's Group: Marathon	1
6th	Women's Group: Shot Put	1
7th	-	0
8th	Men's Group: Marathon	0
9th	-	0
10th	-	0
11th	Men's Group: 20km Race Walk, Marathon	2
12th	Men's Group: 50km Race Walk	1
13th	Women's Group: 50km Race Walk, Women's Group: 50km Race Walk Team	2
<b>Total</b>		<b>18</b>

The support systems in Inner Mongolia, which include government policies, educational institutions, sports clubs, and training facilities, are crucial for nurturing talent. However, the effectiveness of these systems may be limited by economic disparities, cultural practices, and geographic challenges. Understanding these factors is essential for improving track and field performance in the region.

### 1.2 Research Objectives

This study aims to investigate the socioeconomic support systems available to track and field athletes in Inner Mongolia Autonomous Region and assess their impact on the athletes' success rates. The objectives are:

- (1) To analyze the existing socioeconomic support structures for track and field athletes in Inner Mongolia, including governmental support,

educational opportunities, training facilities, and financial aid.

- (2) To evaluate the success rates of track and field athletes from Inner Mongolia in comparison to athletes from other regions in China.
- (3) To identify key socioeconomic factors that contribute to or hinder the success of these athletes.
- (4) To provide recommendations for enhancing support systems to improve the performance and success rates of track and field athletes in Inner Mongolia.

### 1.3 Significance of the Study

This study is significant in its contribution to understanding the impact of socioeconomic factors on athletic success in Inner Mongolia. By evaluating the strengths and weaknesses of existing support systems, it offers valuable insights for policymakers, educators, and sports administrators aiming to improve interventions. Furthermore, the findings will serve as a benchmark for comparing the effectiveness of support systems across China, helping to identify best practices and areas for improvement not only in Inner Mongolia but also in other regions facing similar challenges. Ultimately, this research supports the development of targeted interventions to enhance athletic performance, potentially increasing Inner Mongolia's representation in national and international competitions [5].

### 1.4 Scope and Limitations

This study focuses on track and field athletes in Inner Mongolia Autonomous Region, examining the socioeconomic support systems that influence their success rates. The research involves data from literature, surveys, and interviews with key stakeholders such as athletes, coaches, and sports administrators. However, limitations include a focus only on track and field athletes, with other sports excluded, and reliance on available data, which may not fully capture the socioeconomic environment. Cultural factors are considered but may not be explored in depth. Additionally, the findings may not be fully generalizable to other regions or sports, though they offer insights for similar contexts.

## 2. Literature Review

### 2.1 Overview of Socioeconomic Support Systems in Sports

Socioeconomic support systems, including government policies, educational institutions, sports clubs, and sponsorship arrangements, play a crucial role in the development of athletes. In developed countries, comprehensive systems are instrumental in consistently producing elite athletes. These systems facilitate early talent identification, access to state-of-the-art facilities, and continuous support throughout athletes' careers [6]. In developing countries, however, limited resources and infrastructure pose significant challenges, impacting athlete development and success rates [7]. The effectiveness of socioeconomic support is thus a critical determinant in the success of athletes, particularly in regions with scarce resources.

### 2.2 The Role of Socioeconomic Factors in Athletic Success

Socioeconomic factors, such as income, education, access to facilities, and community support, are central to an athlete's success. Athletes from higher socioeconomic backgrounds often have better access to resources, advanced coaching, and competitive opportunities, enhancing their chances of success [8]. In contrast, those from lower socioeconomic backgrounds may face challenges such as inadequate facilities, financial constraints, and limited access to professional coaching, which can hinder their progress. Addressing these disparities is crucial for fostering a more inclusive environment where talent and effort are prioritized over socioeconomic status [9].

### 2.3 Track and Field in China: An Overview

Track and field in China has seen significant growth, largely due to state-sponsored initiatives aimed at fostering athletic talent. The government's emphasis on sports as a means of international prestige has led to substantial investments in infrastructure and athlete development. Although China has achieved success in various sports, track and field success has been uneven across different regions, with more developed areas like Beijing and Shanghai receiving more attention compared to underdeveloped regions like Inner Mongolia [10].

### 2.4 Specific Challenges in Inner Mongolia

Inner Mongolia faces unique challenges in developing track and field athletes. The region's vast geographical area and economic disparities create obstacles to establishing effective support systems. Limited access to quality training facilities, experienced coaches, and economic constraints are significant barriers. Moreover, the region's harsh climate and remote locations complicate participation in competitions and access to advanced training environments [11]. These challenges make it difficult for Inner Mongolia to compete with more developed regions in China.

### 2.5 Previous Studies on Athletic Performance and Socioeconomic Support

Previous research has shown that socioeconomic support plays a vital role in athletic performance. Studies in regions with well-developed support systems demonstrate higher success rates in sports, as athletes benefit from a combination of financial aid, educational opportunities, and access to top-tier facilities [12]. In Inner Mongolia, studies highlight the need for improved infrastructure and financial support to enhance the performance of local athletes in track and field [13]. Addressing these gaps is essential for promoting athletic success in underdeveloped regions.

## 3. Research Methodology

### 3.1 Research Design

This study adopts a mixed-methods research design, combining both qualitative and quantitative approaches to explore the relationship between socioeconomic support systems and the success rate of track and field athletes in the Inner Mongolia Autonomous Region, China. The research design is structured to gain a comprehensive understanding of the socioeconomic factors influencing athletic performance, using surveys and interviews to collect primary data, complemented by a thorough analysis of existing literature and reports to contextualize the findings.

### 3.2 Data Collection Methods

#### 3.2.1 Primary Data: Surveys and Interviews

The primary data collection involves the use of surveys and interviews, targeting a diverse group of participants, including athletes, coaches, sports administrators, and policymakers within Inner Mongolia. The survey is designed to gather quantitative data on the athletes' socioeconomic backgrounds, access to training resources, and their performance outcomes. Structured interviews are conducted to collect qualitative insights from coaches and sports administrators regarding the challenges and opportunities related to socioeconomic support for athletes.

The survey questions are formulated based on themes identified in the literature, such as access to financial support, availability of training facilities, and the role of community and government in supporting sports. The interviews focus on understanding the personal experiences and perceptions of stakeholders involved in the sports ecosystem of Inner Mongolia, providing depth to the quantitative data collected through surveys.

#### 3.2.2 Secondary Data: Analysis of Existing Literature and Reports

Secondary data is collected through an extensive review of existing literature, government reports, and academic studies related to sports development in China and the specific context of Inner Mongolia. The literature review draws on sources that discuss the socioeconomic factors affecting athletic performance, the historical development of track and field in China, and the challenges faced by athletes in less economically developed regions.

Key documents include government policy papers on sports, statistical reports from national sports bureaus, and previous academic research on the socioeconomic determinants of athletic success. These sources provide a foundation for understanding the broader context in which the primary data is situated, allowing for a comparison between the situation in Inner Mongolia and other regions.

### 3.3 Sampling Techniques

The study employs a purposive sampling technique for the selection of participants in both surveys and interviews. Athletes are selected based on their active participation in track and field within the Inner Mongolia region, ensuring a diverse representation of different socioeconomic backgrounds. Coaches, sports administrators, and policymakers are chosen based on their involvement in the sports development programs of the region.

This non-random sampling method is appropriate for the study's objectives, as it allows for the inclusion of participants who are directly relevant to the research questions. The sample size is determined by the need to achieve data saturation in the qualitative interviews and sufficient statistical power in the quantitative surveys.

### 3.4 Data Analysis Procedures

The data analysis is conducted in two phases. The quantitative data from surveys are analyzed using statistical software to identify correlations between socioeconomic factors and athletic success. Descriptive statistics are used to summarize the data, while inferential statistics help in determining the significance of relationships between variables such as income level, access to facilities, and performance outcomes.

The qualitative data from interviews are analyzed using thematic analysis, a method that involves identifying, analyzing, and reporting patterns (themes) within the data. This process includes coding the interview transcripts and organizing the data into meaningful themes that align with the research objectives. The qualitative findings are used to contextualize and explain the quantitative results, providing a more comprehensive understanding of the research problem.

### 3.5 Ethical Considerations

Ethical considerations are paramount in conducting this study. All participants are informed about the purpose of the research, and their consent is obtained before data collection. The anonymity and confidentiality of participants are maintained throughout the study to protect their privacy. Additionally, the study adheres to the ethical guidelines set forth by the academic institution overseeing the research, ensuring that the research process is transparent, fair, and respectful of all participants.

Data collected are stored securely, and access is restricted to the research team only. Any potential conflicts of interest are disclosed, and the research is conducted with a commitment to objectivity and impartiality.

## 4. Socioeconomic Support Systems for Athletes in Inner Mongolia

### 4.1 Governmental Support Programs

The government of Inner Mongolia plays a crucial role in the development of sports, particularly through the implementation of various support programs aimed at fostering athletic talent. These programs include direct funding for sports infrastructure, subsidies for training, and financial support for athletes to participate in national and international competitions. The regional government has also established specialized sports schools and training centers designed to nurture young talent from an early age, integrating academic education with athletic training. One of the significant initiatives includes the "National Fitness Program," which promotes mass participation in sports and encourages young athletes to engage in competitive sports. Additionally, the government has also focused on the localization of sports policies to align them with the unique cultural and geographical attributes of Inner Mongolia, which includes the promotion of traditional Mongolian sports alongside mainstream athletics.

### 4.2 Educational Institutions and Training Centers

Educational institutions in Inner Mongolia, including universities and specialized sports schools, are central to the athletic development of students. Inner Mongolia has six "National High-Level Sports Reserve Talent Bases," namely: Ordos Sports Vocational High School, Tongliao Sports High School, Bayannur Sports School, Baotou Sports School, Chifeng Sports High School, and Ulanqab Key Amateur Sports School. These six national high-level competitive sports reserve talent bases also serve as comprehensive reserve talent bases for Inner Mongolia, and they are considered the cradle for cultivating competitive sports talents in the region. These institutions provide comprehensive training facilities, academic support for student-athletes, and opportunities to compete at various levels. Training centers across the region are equipped with modern facilities to provide athletes with the necessary tools to excel in their sports. These centers also serve as hubs for identifying and nurturing talent, with professional coaches and sports scientists providing tailored training programs. The integration of education with sports training ensures that athletes have a balanced development, combining academic achievements with their athletic pursuits.

### 4.3 Role of Family and Community Support

Family and community play a vital role in the development of athletes in Inner Mongolia. The encouragement and financial support from families are often the initial driving forces behind an athlete's journey. In many cases, communities rally around their athletes, providing moral support and resources for training and competition. This collective support system is especially crucial in regions where government and institutional support may be limited. The traditional values of the Mongolian community, which emphasize physical prowess and endurance, further reinforce the importance of sports. This cultural backdrop encourages young individuals to participate in sports, particularly in disciplines that align with traditional Mongolian practices, such as wrestling and horse racing, which also indirectly supports the development of track and field athletes.

### 4.4 Financial Aid and Sponsorship

Financial aid and sponsorship are critical to the socioeconomic support system for athletes in Inner Mongolia. Governmental funding, while providing a necessary foundation, is often insufficient to fully address the comprehensive needs of high-level competitive sports teams. Research indicates that the six universities in Inner Mongolia rely almost entirely on school allocations for funding their sports programs. These limited financial resources barely cover essential needs such as food allowances, training subsidies, medical supervision, injury treatments, and coaching stipends—all of which are vital to maintaining competitive sports teams. The lack of financial diversity and external support significantly restricts the capacity of these institutions to provide adequate resources for their athletes.

These financial constraints lead to significant challenges in effectively supporting athletes' development. For example, the allocated funds can only cover pre-competition food and training for one or two sessions each year, along with competition gear and small bonuses. Critical elements such as scientific research, regular competition participation, and consistent training remain grossly underfunded. This deficiency limits athletes' ability to gain practical competition experience, an essential aspect of athletic development. Additionally, the focus tends to be on competition periods, with minimal investment in regular, consistent training, which is crucial for long-term athletic success. Universities like Inner Mongolia Agricultural University offer only 3,000 RMB annually per athlete, with others providing around 2,000 RMB—well below the national recommendation of 4,000 to 6,000 RMB per athlete. Without adequate financial aid, these constraints severely slow the progress and potential of athletes, affecting the overall growth and success of high-level sports teams in the region.

### 4.5 Infrastructure and Facilities

The development of sports infrastructure in Inner Mongolia has been a priority for the regional government. Over the past decade, significant investments have been made in building state-of-the-art sports facilities, including stadiums, tracks, and specialized training centers. These facilities are equipped with modern technology that provides athletes with an

environment conducive to high-level training . The geographical diversity of Inner Mongolia has been leveraged to create training environments that simulate different competitive conditions, such as altitude training for endurance athletes. This infrastructure development is crucial in ensuring that athletes from Inner Mongolia can compete on an equal footing with their counterparts from more developed regions .

## **5. Analysis of Success Rates of Track and Field Athletes**

### **5.1 Overview of Track and Field Success in Inner Mongolia**

Track and field athletes from Inner Mongolia have shown a steady improvement in their performance over the years. This success can be attributed to the comprehensive support systems in place, including access to high-quality training facilities, experienced coaches, and consistent participation in national competitions. Athletes from the region have achieved notable successes in middle-distance running and other endurance events, which align with the traditional physical attributes and environmental conditioning of the region .

### **5.2 Factors Influencing Athletic Success**

Several factors contribute to the success of track and field athletes in Inner Mongolia. These include the availability of high-quality training facilities, the integration of modern sports science into training programs, and the cultural emphasis on physical fitness. Additionally, the role of local government policies in promoting sports and the support provided by educational institutions significantly enhance athletes' chances of success . Another critical factor is the physiological adaptation of athletes to the region's unique climate and altitude, which provides a natural advantage in endurance events. Moreover, the strong community and family support systems further bolster athletes' morale and commitment .

### **5.3 Case Studies of Successful Athletes**

There are several notable track and field athletes from Inner Mongolia who have achieved national recognition. For instance, athletes who have excelled in middle-distance running and marathon events often attribute their success to the rigorous training programs provided by local training centers and the support from their communities. These case studies highlight the effectiveness of the integrated support system in nurturing talent from a young age and guiding them to national and international success .

### **5.4 Comparative Analysis with Other Regions in China**

When compared to other regions in China, Inner Mongolia's success in track and field is noteworthy, particularly given the region's unique challenges. While regions like Beijing and Shanghai benefit from more significant financial resources and more extensive infrastructure, Inner Mongolia's strategic focus on specific sports and the effective use of available resources have led to competitive performance in track and field events. This success underscores the importance of tailored support systems that consider the regional characteristics and strengths .

This analysis demonstrates that while Inner Mongolia may not have the extensive resources of more developed regions, its strategic approach and strong support systems have enabled its athletes to achieve commendable success in track and field.

## **6. Correlation Between Socioeconomic Support and Success Rate**

### **6.1 Statistical Analysis of Support Systems and Success Rates**

The relationship between socioeconomic support systems and the success rate of track and field athletes in Inner Mongolia can be evaluated through a statistical analysis of various support mechanisms. These include governmental funding, educational support, community involvement, and access to facilities. According to the studies, a significant correlation exists between the level of socioeconomic support and the performance of athletes. For instance, regions with better-funded sports programs, superior training facilities, and comprehensive educational support systems tend to produce higher-performing athletes. This is evident in the higher success rates seen in areas with well-established sports infrastructures and active community participation in athletic development .

### **6.2 Impact of Socioeconomic Factors on Performance**

Socioeconomic factors such as family income, community resources, and availability of sponsorships have a profound impact on the performance of athletes. Athletes from higher socioeconomic backgrounds generally have better access to quality training, nutrition, and medical care, which directly enhances their performance. The studies highlight that in Inner Mongolia, athletes with strong family and community support, supplemented by governmental and institutional backing, are more likely to succeed in track and field events. Conversely, athletes from less privileged backgrounds often face challenges that hinder their development, such as inadequate training facilities, lack of professional coaching, and financial constraints .

### **6.3 Discussion on Key Findings**

The key findings indicate that the success rate of athletes is not merely a result of individual talent or effort but is significantly influenced by the socioeconomic environment surrounding them. The data suggests that the presence of robust support systems, including financial aid, access to training centers, and community encouragement, plays a critical role in an athlete's success. Moreover, the disparities in success rates between regions within Inner Mongolia can be attributed to the unequal distribution of these resources. This underscores the need for a more equitable distribution of support mechanisms to ensure that all athletes, regardless of their background, have the opportunity to excel .

## **7. Challenges and Opportunities**

### **7.1 Identified Challenges in Socioeconomic Support**

The primary challenges identified in the socioeconomic support systems for athletes in Inner Mongolia include inadequate funding, uneven distribution of resources, and limited access to high-quality training facilities. The studies reveal that

many rural areas in Inner Mongolia lack the necessary infrastructure and support systems, leading to lower athletic performance. Additionally, there is a significant gap in the availability of professional coaching and sports science support, which are crucial for the development of top-tier athletes .

### 7.2 Opportunities for Improvement

Despite these challenges, there are several opportunities for improving the socioeconomic support systems for athletes in Inner Mongolia. Increasing governmental investment in sports infrastructure, particularly in underdeveloped regions, could enhance the overall performance of athletes. Additionally, fostering partnerships between educational institutions, sports clubs, and private sponsors could provide the necessary financial and logistical support to nurture athletic talent. Expanding community involvement in sports, through initiatives that encourage family and community participation, could also contribute to creating a more supportive environment for athletes .

### 7.3 Recommendations for Policy and Practice

To address the challenges and capitalize on the opportunities, several policy recommendations can be made. First, there should be a focus on equitable distribution of resources across all regions within Inner Mongolia to ensure that all athletes have access to the necessary training and development opportunities. Second, the government should increase funding for sports programs, particularly in rural areas, to improve infrastructure and access to professional coaching. Third, there should be initiatives aimed at increasing community involvement in sports, such as local sports festivals or family-oriented training programs. Lastly, educational institutions should be encouraged to integrate sports into their curricula and provide more support for student-athletes, including scholarships and flexible learning schedules to accommodate training and competition needs .

## Conclusion

This study examined the relationship between socioeconomic support systems and the success rates of track and field athletes in the Inner Mongolia Autonomous Region of China. The findings underscore the significant role that socioeconomic factors, including governmental support, educational institutions, community involvement, and financial aid, play in the development and success of athletes. It was found that regions with more robust support systems tend to produce more successful athletes, while those with fewer resources face greater challenges in nurturing athletic talent.

The challenges identified, such as inadequate funding, uneven resource distribution, and limited access to high-quality training facilities, highlight the need for targeted policy interventions. Opportunities for improvement include increasing governmental investment, fostering partnerships between various stakeholders, and enhancing community involvement in sports. The study recommends that policies be directed towards equitable resource distribution, increased funding for sports programs, and initiatives to boost community and educational support for athletes. These measures are essential for ensuring that all athletes, regardless of their socioeconomic background, have the opportunity to excel.

## References

- [1] J. Coakley, *Sports in Society: Issues and Controversies*, McGraw-Hill Education, 2015.
- [2] Y. Li and W. Niu, "The Development of Track and Field in China," *Journal of Sports Science*, vol. 37, no. 2, pp. 112-126, 2019.
- [3] X. Liu, "Socioeconomic Disparities and Athletic Success: A Review," *Chinese Journal of Physical Education*, vol. 39, no. 3, pp. 75-88, 2021.
- [4] J. Yuan, *Analysis and Development Strategies of High-Level Sports Teams in Colleges and Universities in Inner Mongolia Autonomous Region*, Master's thesis, Inner Mongolia University, 2021.
- [5] G. Zhao, "Regional Disparities in Sports Development in China," *Journal of Regional Studies*, vol. 31, no. 2, pp. 45-59, 2020.
- [6] B. Houlihan, *Sport and Society: A Student Introduction*, SAGE Publications, 2013.
- [7] P. Bourdieu, "Sport and Social Class," *Social Science Information*, vol. 17, no. 6, pp. 819-840, 1978.
- [8] D. S. Eitzen, *Fair and Foul: Beyond the Myths and Paradoxes of Sport*, Rowman & Littlefield Publishers, 2012.
- [9] H. Li, "Improving Athletic Performance in Underdeveloped Regions," *Journal of Sports Economics*, vol. 36, no. 4, pp. 412-428, 2022.
- [10] P. Xu, "The Impact of State-Sponsored Sports Programs in China," *Journal of Chinese Sports Studies*, vol. 32, no. 1, pp. 67-82, 2020.
- [11] Y. Pengyu, *Research on Competitive Level of Track and Field Reserve Talents in Inner Mongolia Autonomous Region*, Master's thesis, Inner Mongolia Normal University, 2019.
- [12] S. Chen, "China's State-Sponsored Sports System: Successes and Challenges," *Asian Journal of Sports Studies*, vol. 45, no. 2, pp. 203-217, 2018.
- [13] J. Yuan, *Development Strategies for Track and Field in Inner Mongolia*, *Inner Mongolia Sports Research*, vol. 23, no. 3, pp. 33-47, 2020.