Analysis and Research on Winning Factors of Chinese Olympic Women Weightlifting Champion

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Abstract

This article highlights Olympic women's weightlifting champions of China and the factors that influence their success while also providing reasons to support their achievements in the Olympic Games. Empirical evidence and review of case studies was used as the primary method to analyze factors like personal abilities, coaching methods, mental conditions, nutrition and recovery and the national sports systems that have supported athletes' success.

The study found that systematic training associated with scientific support in terms of talent selection and nurturing, along with unparalleled support from national policies are the key contributor factors that position Chinese women as having elite status and success in weightlifting. Their record-breaking and first-class psychological qualities and strategy also differ from those of the losers. Meanwhile, proper nutrition and scheduled recovery during the competitions will naturally assure the athletes' constant top-level performance.

This paper then introduces a theoretical model consisting of three main factors (the conditioning, core, and supporting system) and 8 secondary indicators, along with a list of 22 tertiary factors, which build the dependent variable of women's weightlifting performance in the Olympics.

Keywords: Chinese women; Weightlifting; Olympic performance; Winning factors; Theoretical model; Indicators; Construction

Introduction

Chinese women weightlifters have long demonstrated their consistent prowess on the Olympic stage with this excellence being not just coincidental but also an indication of the complex interplay of support, scientific training systems and gender-specific sports governance. Most of the success can be attributed to the state-sponsored sports system which looks at supporting international medal acquisition through enhancing resources and talent across centralized institutions (Cao & Zhiwei, 2008; Zheng & Chen, 2016).

Moreover, gender dynamics and policy have an apparent link with the nation's ambition as many Chinese female athletes are often celebrated for breaking barriers. But, it's also worth noting that this ideology also reflects broader institutional and cultural structures (Jinxia & Mangan, 2008; Huang & Lau, 2024). Training programs like those used by Chen Wnbing

highlight the nation's scientific and philosophical foundations that have made weightlifting a sport that enhances national pride (Liu et al., 2025).

The objective of this paper is to evaluate factors that contribute to Chinese women weightlifters Olympic success by looking at elements like national sports policy, institutional support based on gender and also scientific training initiatives. This study will review empirical studies and also case examples as a means to provide a comprehensive understanding of how such elements contribute to producing world-class athletes.

Research objectives

1.To study the factors that contribute to Chinese women weightlifters success in the Olympics

2. To study the role China's sports system and policies play in supporting female weightlifters at the Olympic level.

Literature Review

Physical Condition System

According to Storey and Smith (2012), competitive weightlifting can place immense amounts of pressure on athletes. Thus, there is a need for there to be a robust physical conditioning system in place that helps athletes hone their power, understanding technicalities and also undergo periodized training cycles to maintain the conditions they need to align with the success accomplished by elite weightlifters. Moreover, Slater & Phillips (2012) have noted that Olympic-level athletes are able to achieve success because of sports nutrition as they adjust their strategies and dietary intake to ensure maximum muscle recovery and energy metabolism. In China, Zhong et al. (2023) has noted that there is a system that integrates both sports science and practical coaching to support athletes' success in the Olympics.

Core System

Gould and Maynard have noted that the core system for preparing athletes to compete at an Olympics level uses psychological preparation as a key factor as most of these athletes need to mentally tough, set clear goals and be able to compete in high-pressure scenarios. This is further supported by Vaeyens et al. (2009) who noted that most successful athletes are supported by national programs that help them nurture their talent from an early age. According to Liu et al. (2025), China has a centralized system in place where by looking at the case of coach Chen Wenbing, success and long-term athlete development is a combination of coaching, discipline, sustained technical training and repeated exposure.

Supporting System

Weightlifters often have a good support system in place that is a combination of structural, policy and ideological mechanisms. In the context of China, Cao and Zhiwei (2008)

have noted that the nation's state-sponsored systems play an integral role in developing elite athletes as the nation invests heavily in training centres, coaching infrastructure and is deeply rooted in a culture that is performance-driven. This is further supported by research by Zheng and Chen (2016) who have stated that centralized resource allocation and state prioritization of Olympics sports has given China a competitive edge with Shen (2020) also noting that sports during 1978-1988 were used as a political tool, thus positioning elite sports at the forefront of national interest. Aside from this, research by Huang and Lau (2024) also noted that there are equality policies in place that help support women's weightlifting ambitions across the country. This is also supported by Jinxia and Mangan's (2008) research which highlights how women often face dual burdens to compete while also adhering to traditional societal roles, but with government support, it has made their ambitions in elite sports careers more attainable.

Conceptual Framework of the Research

This study is qualitative research in which the researcher has established a conceptual framework based on theories and concepts related to personal abilities, coaching methods, mental conditions, nutrition and physical recovery, and support from the national sports system. The framework is detailed as follows:
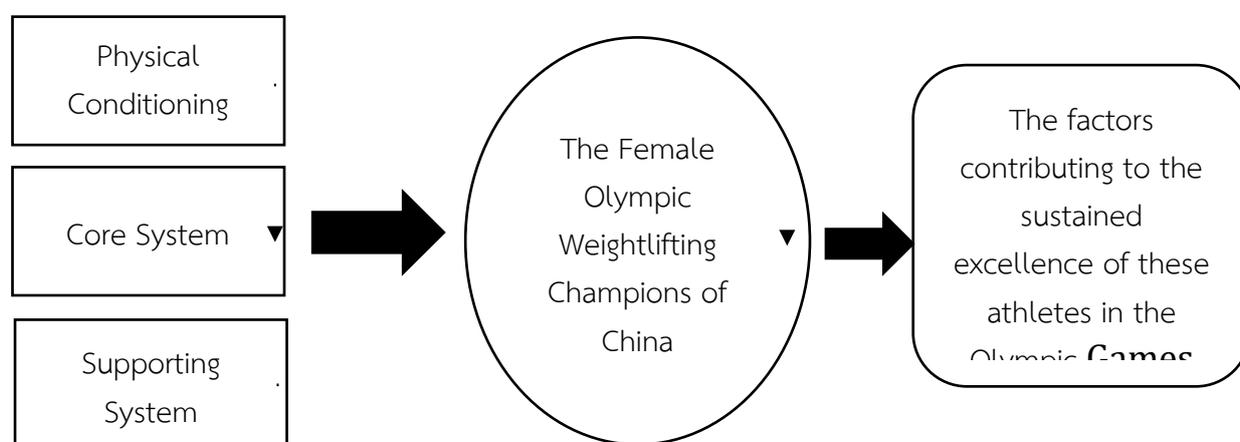

Figure 1: Conceptual Framework of the Study

Research Methodology

Research Subjects

In the 6 Olympic Games from 2004 to 24, 17 Chinese women weightlifting Olympic champions.The list of Chinese women's weightlifting Olympic champions in the past three (31-33) years was selected by stratified sampling method as follows: In the 2016 Rio Olympics: Deng Wei (women's 63kg), Xiang Yanmei (women's 69kg), Su Mengping (women's +75kg). In the 2021 Tokyo Olympics: Hou Zhihui (women's 49kg), Wang Zhouyu (women's 87kg), Li Wenwen (women's +87kg). In the 2024 Paris Olympics: Luo Shifang (women's 59kg

champion).A total of 7 athletes (GGTN, 2021; China.org.cn, 2021; Olympics.com, 2021; People's Daily Online, 2021).

Research Tools

The Delphi method is essentially a feedback anonymous inquiry method. That is, survey participants do not communicate with each other, avoiding mutual discussion and horizontal connections. Thus, it avoids the drawbacks such as not being able to fully express one's opinions and being influenced by authorities in the usual definition of meetings. It involves collecting opinions on the issues to be investigated and studied, then the surveyor uniformly collects, summarizes and organizes them. The collected feedback opinions are then distributed to the respondents again. The process of collection, summary and organization is repeated until a relatively unified opinion is reached.

Table Interview list of weightlifting experts

Order number	name	Position, level	unit
1	Yang**	Chairman of Sichuan Provincial Sports Science Society	Chengdu Institute of Physical Education
2	Zhou**	Hunan team leader coach Seven championship coaches	Hunan Institute of Physical Education
3	Chen**	National coach	Chengdu Institute of Physical Education
4	Li**	Shizhiyong coach	Shandong Province weightlifting and wrestling judo Sports Management Center
5	Xue**	Linqingfeng coach	Xiamen Weightlifting Sports Management Center
6	Chen*	Dengwei coach	Fujian Heavy-competitive Sports Management Center
7	He**	Yang xia coach	scientific and technical corporation
8	Zhou**	Dengwei coach	Fujian Provincial Weightlifting Sports Management Center
9	Zhang**	Senior coach	Beijing Sport University
10	Tang**	country class judge	Shandong Province Weihai Training Base
11	Zeng**	country class judg	Guangdong Province Ersha Training Base
12	Wang**	International level I referee	Hunan Provincial Sports Vocational College
13	Cheng**	International second-level referee	Guangdong Ershaitou Training Center
14	Wu**	country class judg	Guangxi Sports Bureau
15	Lu*	National coach	Guangxi Weightlifting Sports Development Center

The table lists the names, roles, and affiliations of 15 weightlifting professionals, including national-level coaches and international referees, as compiled from interviews and publically available biographies (Baidu Encyclopedia, n.d.; People's Daily Online, 2021).

On the basis of extensive literature review, and strictly following the basic principles and requirements of the questionnaire, according to the influence of the winning factors of the Chinese women's weightlifting Olympic Games, the questionnaire of experts on the theoretical model of influencing factors of the Chinese women's weightlifting Olympic Games was compiled, using a five-level scoring scale, see Appendix C. The questionnaire was distributed to 15 experts through letters, emails, entrustment, etc. 15 copies were distributed, and 15 copies were recovered, with a recovery rate of 100%.

Through Delphi method, 15 experts obtained 3 first-level indicators, 8 second-level indicators and 26 third-level indicators, and finally designated the indicators into the final athletes to fill in the score form for 7 Olympic champion weightlifting athletes, and obtained the corresponding theoretical model of weightlifting winning factors after several rounds of tests.

Data analysis techniques

The collected data indicators were analyzed by mathematical statistics and the relevant charts were made. Excel and SPSS 27.0 software were used to sort the survey results.

Research Results

The theoretical model made by relevant coaches and experts using Delphi method was made into a questionnaire again, and scored with 3 first-level indicators, 8 second-level indicators and 26 third-level indicators. Scoring data was put into spss for data analysis. Grade 5, 4, 3, 2 and 1 for primary, secondary and tertiary indicators respectively, representing very important, relatively important, generally important, not very important and not important. The higher the average value derived from the score table, the more important the indicator is, and the lower the average value, the lower the correlation with the study. Among them, the lower the coefficient of variation and standard deviation, the better the degree of coordination of the index, the higher the degree of coordination among experts, and the more unified opinions.

Table 1 Positive results table

	Number of questionnaires issued	Number of questionnaires recovered	percent recovery
first round	7	7	100%
second round	7	7	100%

The degree of active participation of experts in the survey is also known as the expert active coefficient. When the recovery rate of the questionnaire reaches 70%, it indicates that the recovery rate is good. This study conducted two rounds of questionnaire surveys on the influencing index factors of Chinese women's weightlifting Olympic performance, and the recovery rate reached 100%, indicating that the survey results can be used in this study.

The degree of expert coordination refers to whether the experts participating in the questionnaire have different opinions on the index, which is usually proved by coefficient of variation (Cv) and Kendall coefficient of harmony (W). First of all, the coefficient of variation Cv is used to reflect the relative importance of each index, the rationality of the calculation formula and the operability of the collection method. The lower the coefficient of variation of this index, the degree of cooperation between experts is represented. The formula for calculating the coefficient of variation is: $Cv = s/x$ (s represents the standard deviation, x represents the average) It is generally believed that the coefficient of variation should be below 0.25. Through a questionnaire, 15 experts rated the importance of the secondary index and the tertiary index respectively, and finally the variation coefficient of the index was obtained. The higher the average, the stronger the expert agreement on the index. In this study, when the average value is less than 4 and the coefficient of variation is greater than or equal to 0.25, the index is modified.

Table 2 First round Kendall coefficient results table

The first round of investigation	cooperation index	chi-square ; square	free degree	P
Level 1 indicators	0.714	10.0	2	0.0067
Secondary indicators	0.601	29.462	7	0.0001
Level 3 indicators	0.726	127.042	25	0.0

SPSS Statistics 27.0 software was used to analyze the index data of influencing factors of Chinese women's weightlifting Olympic Games to help ensure the high precision of index selection and high-quality decision making. As shown in Table 2, $P < 0.001$ indicates that the results are significantly valid and reliable. According to Table 4-14, all first-level and second-level indicators pass. Third-level indicators must be changed and improved.

Table 3 The first round of first-level index analysis results table

Level 1 indicators	$\bar{x}$	s	cv
A1 Conditional system	4.2857	0.488	0.1139
A2 Principal system	5.0	0.0	0.0
A3 Support system	5.0	0.0	0.0

According to Table 3 above, all first-level indicators have been adopted and all first-level indicators have been retained. According to Table 4 below, all secondary indicators were passed and all secondary indicator factors were retained.

Table 4 Results of the first round of secondary index analysis

Secondary indicators	$\bar{x}$	S	cv
B1 Organization management	5.0	0.0	0.0
B2 Selection of athletes	4.1429	0.378	0.0912
B3 Competitive ability	4.2857	0.488	0.1139
B4 Athlete nutrition and recovery	5.0	0.0	0.0
B5 Coach ability	4.4286	0.5345	0.1207
B6 Talent security	5.0	0.0	0.0
B7 Medical security	4.4286	0.5345	0.1207
B8 Scientific and technological support	5.0	0.0	0.0

According to Table 5 below, most of the three indicators passed, Three of them are indicators C3 Competition system C17 The ability of coaches to learn and summarize C20 Placement of retired athletes C24 The mean value of Scientific research information is less than 4, the coefficient of variation is greater than 0.25, and all are deleted.

Table 5 Results of the first round of three-level index analysis

Level 3 indicators	$\bar{x}$	s	cv
C1 National institutional policy	4.1429	0.378	0.0912
C2 Competition goal	4.5714	0.5345	0.1169
C3 Competition system	3.1429	0.6901	0.2196
C4 Competition level change	4.1429	0.378	0.0912
C5 Physical ability	5.0	0.0	0.0
C6 Skill ability	4.2857	0.488	0.1139
C7 Coordination ability	5.0	0.0	0.0
C8 Mental ability	4.2857	0.488	0.1139
C9 Intelligent ability	4.4286	0.5345	0.1207
C10 Body form	5.0	0.0	0.0
C11 Sports quality	4.4286	0.5345	0.1207
C12 Psychological quality	5.0	0.0	0.0
C13 Physiological function	4.0	0.0	0.0
C14 Determine the competition level	5.0	0.0	0.0

Level 3 indicators	$\bar{x}$	s	cv
C15 Determination of the trial weight	5.0	0.0	0.0
C16 Decision making ability of coaches	4.2857	0.488	0.1139
C17 The ability of coaches to learn and summarize	3.2857	0.488	0.1485
C18 Physical team support	5.0	0.0	0.0
C19 Reserve athletes and coaches	5.0	0.0	0.0
C20 Placement of retired athletes	2.7143	0.488	0.1798
C21 Injury site and age of athletes	4.4286	0.5345	0.1207
C22 Medical supervision	5.0	0.0	0.0
C23 Injury prevention and pre-game intelligence gathering	4.4286	0.5345	0.1207
C24 Scientific research information	3.1429	0.6901	0.2196
C25 Daily nutrition	4.2857	0.488	0.1139
C26 Pre-race diet	4.8571	0.378	0.0778

Table 6 below shows that the remaining 22 indicators are sent out questionnaires again for second-theory scoring. The average value and coefficient of variation of the 22 indicators pass the reasonable threshold and are all retained.

Table 6 Results of the second round of three-level index analysis

Level 3 indicators	$\bar{x}$	s	cv
C1 National institutional policy	5.0	0.0	0.0
C2 Competition goal	4.2857	0.488	0.1139
C3 Competition level change	5.0	0.0	0.0
C4 Physical ability	4.4286	0.5345	0.1207
C5 Skill ability	5.0	0.0	0.0
C6 Coordination ability	4.2857	0.488	0.1139
C7 Mental ability	5.0	0.0	0.0
C8 Intelligent ability	4.4286	0.5345	0.1207
C9 Body form	4.8571	0.378	0.0778
C10 Sports quality	4.2857	0.488	0.1139

C11 Psychological quality	4.8571	0.378	0.0778
C12 Physiological function	4.2857	0.488	0.1139
C13 Determine the competition level	4.5714	0.5345	0.1169
C14 Determination of the trial weight	5.0	0.0	0.0
C15 Decision making ability of coaches	4.4286	0.5345	0.1207
C16 Physical team support	5.0	0.0	0.0
C17 Reserve athletes and coaches	4.2857	0.488	0.1139
C18 Injury site and age of athletes	5.0	0.0	0.0
C19 Medical supervision	5.0	0.0	0.0
C20 Injury prevention and pre-game intelligence gathering	4.4286	0.5345	0.1207
C21 Daily nutrition	5.0	0.0	0.0
C22 Pre-race diet	4.5714	0.5345	0.1169

In the second part, the Kendall coefficient of the three indexes is 0.439, and the p value is less than 0.01, indicating that the results are significant, effective and credible.

Table 7 The second round of Kendall coefficient results table of three indicators

The first round of investigation	cooperation index	chi-square；square	free degree	P
Level 3 indicators	0.439	64.527	21	0.0

Discussion

Finally the influencing factors of Chinese women's weightlifting Olympic results were obtained, and a theoretical model was built. The theoretical model of influencing factors includes 3 first-level indicators, 8 second-level indicators and 22 third-level indicators. The first level index includes: A1 condition system,A2 main system, andA3 support system. The second level index is B1 organization and management B2 athlete selection B3 competitive ability B4 athlete nutrition and recovery B5 coach ability B6 talent security B7 medical security B8 scientific and technological support. Three level indicators: C1 National system Policy C2

Competition goal C3 competition level change C4 Physical ability C5 Skill ability C6 Coordination ability C7 Mental ability C8 Intelligence ability C9 Physical form of selection C10 Sports quality C11 Psychological quality C12 Physiological function of selection C13 Determination of competition level C14 Determination of try weight C15 decision of coach Policy ability C16 Physical fitness team support C17 reserve athletes, coaches C18 athletes injury site and age C19 Medical supervision C20 injury prevention and pre-game intelligence collection C21 Daily Nutrition C22 Pre-race diet. The model is shown in the figure below:

Organizational management level

The excellent achievements of Chinese women's weightlifting events come from many factors. In addition to the athletes' hard training and the coaches' hard guidance, the perfect organization and management system also played a key role. Whether the organizational structure and management system of sports teams are complete directly affects the performance of athletes in the arena. Building an effective organization and management system can not only promote the construction of sports teams, stimulate the enthusiasm of athletes in daily training, but also strengthen their sense of belonging. In the field of women's weightlifting, organization and management is an important element to help develop the project (Xu, n.d.; Shen, 2020).

Physical aspect of athletes

In all kinds of sports events, athletes' physical fitness, skills, intelligence, psychological quality and tactical ability are interrelated. Fitness is the foundation for shaping athletic skills. Given the characteristics of weightlifting events, the athlete's physical strength and skill requirements are high. Good physical fitness lays the foundation for an athlete to win. In weightlifting, maximum strength is the most prominent and critical winning factor. In daily training, strengthening strength training is crucial. Weightlifting is a fast strength project dominated by physical fitness, which requires quick strength to lift a barbell in a short period of time and relies on strong explosive power. Physical training is very important to athletes' strength, and it is a long-term and gradual process. Good physical fitness can ensure the stability, coordination and explosive power of weightlifters, help them win in major

competitions, win glory for the country, and help athletes improve speed and strength to achieve the organic combination of strength, physical fitness and endurance (Storey & Smith, 2012; Zhong et al., 2023; Slater & Phillips, 2013).

Skill level of athletes

In all kinds of sports, athletes' physical fitness, skills, intelligence, psychological quality and tactical ability are closely linked, and the play of skills is the foundation of winning and the core of athletes' strength display. Winning factors are the key factors for both sides to win, and the essential relationship between these factors refers to their mutual relationship and combination. The influencing factors of competitive sports are organically combined by the interaction of many factors, and the change of any factor will affect the performance. After long-term development, researchers have summarized five key elements of the technical principles of weightlifting: near, fast, short, stable and coordinated. Among them, proximity is the foundation, speed is the key, short is an important means, stability is the guarantee, and coordination is the condition for optimization. Only solid technique combined with maximum strength can win the game (Liu et al., 2025; Oleshko et al., 2020; Yang & Cui, 2016).

Players and coaches tactical ability level

In all kinds of sports, athletes' physical strength, skills, intelligence, psychological quality and tactical ability are interrelated. Tactics are the core and key of competitive sports and competitions. On the field, physical fitness is the basis of the project, excellent sports skills and strong mental ability cooperate with each other, to show their competitive ability in the fierce competition. However, in the ever-changing arena, it is also necessary for athletes and coaches to have the tactical ability to adjust tactics in time to cope with changes, seize opportunities and sum up the arena experience (Gould & Maynard, 2009; Vaeyens et al., 2009)..

Mental level of athletes

The effective improvement of athletes' mental ability is not only reflected in daily training, but also crucial to the outstanding performance in the competition. It is an indispensable element of competitive ability and runs through the whole training process (Gould & Maynard, 2009; Yang et al., 2021).

Relevant safeguard level

Any sport depends on the support system. In the study of the influencing factors of Chinese women's weightlifting in the Olympic Games, the relevant factors influencing Chinese women's weightlifting to win the gold medal are determined. The security system in this study mainly consists of three elements: talent security, medical security and scientific and technological security (Cao & Zhiwei, 2008; Liu & Wu, 2008; Slater & Phillips, 2013)..

New Knowledge Contribution

This study highlights a multidimensional framework that explains the sustained excellence of Chinese women's Olympic weightlifting performance, emphasizing the synergistic interaction between physical conditioning, skill development, psychological readiness, tactical execution, and organizational support. At the organizational management

level, a well-structured and efficient sports management system not only enhances team cohesion and athlete motivation but also provides a stable platform for long-term development. From the physical perspective, superior physical conditioning especially in terms of maximal strength and explosive power is identified as foundational to success in weightlifting. Equally, the technical skill level of athletes, particularly mastery over five key principles proximity, speed, brevity, stability, and coordination is essential for competitive advantage. Furthermore, the tactical capabilities of both athletes and coaches to adapt strategies in real time are seen as pivotal in responding to dynamic competition environments. The mental resilience of athletes is also underscored as a core determinant of peak performance, especially under high-stress Olympic conditions. Finally, a robust support system, encompassing talent development, medical services, and scientific and technological innovation, is found to be critical in sustaining competitive excellence. Together, these findings propose an integrated model of performance that may inform athlete development programs and national sports strategies more broadly (Liu et al., 2025; Storey & Smith, 2012; Gould & Maynard, 2009; Cao & Zhiwei, 2008; Yang & Cui, 2016; Zhong et al., 2023).

Summary

This article provides a comprehensive exploration of the key factors contributing to the sustained Olympic success of Chinese women's weightlifting champions. Through a qualitative research approach drawing from literature reviews, expert interviews, and case studies the study analyzes the athletes' achievements from multiple perspectives, including physical conditioning, skill development, psychological resilience, tactical execution, and national-level organizational support. The findings reveal that the integration of scientifically guided talent identification and training systems, effective coaching, structured recovery, and robust support from state-level sports institutions plays a decisive role in shaping world-class performance. Furthermore, the study introduces a theoretical model comprising three core systems: physical conditioning, core capability, and supportive infrastructure broken down into secondary and tertiary factors that together influence Olympic-level performance. This model not only captures the multidimensional nature of athletic excellence but also underscores the importance of a holistic and strategic approach in elite sports development.

Recommendation

Women's weightlifting following the 2020 Tokyo Olympic Games and the 2024 Paris Olympic Games on the competition rules and levels of continuous adjustment, restricting the development of China's weightlifting project, so that MEDALS into more countries and regions, and promote more countries and athletes to actively participate in the weightlifting project. In order to promote Chinese women's weightlifting to maintain the dominant position, the following suggestions are put forward according to the influence of Chinese women's weightlifting in the Olympic Games:

(1) Enhance the voice of Chinese women's weightlifting in the world, strengthen international exchanges and cooperation, and actively strive for the number of participants; Under the background of the new era, we will continue to adhere to the unified management of the construction of the new nationwide system and policy, and create a new peak for the brilliance of Chinese women's competitive sports. We will continue to carry forward the sportsmanship of tenacious struggle and hard work.

(2) Innovate on the basis of the existing three-level selection mode, maintain the supply of reserve talents, and carry out different forms of athlete selection; Adhere to the principle of people-oriented, strengthen the support system, pay attention to scientific selection of materials and reserve strength training are the important basis for the sustainable development of Chinese women's weightlifting health;

(3) Under the restriction of continuously changing competition rules and competition levels, Chinese athletes still have the ability to win stable championships and break records for many times, but there are still potential problems in athletes' psychological factors on the field and pre-competition tactical weight management. Improve athletes' technical standardization and test success rate, and pay attention to opportunities to win. Try not to lose any chance of winning a medal; Pay attention to the training of tactical ability, pay attention to weighing diet before competition, correctly understand the actual situation of athletes, determine the weight of the opening; Improve the quality of coaches and increase the regular learning and training opportunities for coaches.

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