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Developmental psychologists warn that some parents are thinking about their children as computers so they are functional. We took a look at Chinese children who are taken from their parents and placed in academies, where this approach is strictly observed in an attempt to create children of geniuses and Olympic prowess. This content is imported from a third party. Waif of Barcelona stood on a 10-metre diving board with the city scattered beneath it. It was an eternal image of the 1992 Olympic Games. She was 13 years old and she is already a world champion: a little girl with a little girl's body and a little boy's haircut, balanced on the balls of feet with a pool under it. Her name was Fu Meeksiya. She won a gold medal for China. Her control was perfection. Part of the art of diving is to get as close to the platform as possible on the way down. Fu was so precise that she cleaned the platform with her crew. (Related: If children use steroids) This young girl was a testament to the growing success of the Chinese system of identifying and developing sports talent. Fu started out as a gymnast, but went diving despite not being able to swim. She later talked about diving with a rope around her waist, only to be hauled after each dive. She also spoke about her first trip to the 10-meter board. She was terrified. But the rule is that there is only one way down. At a press conference, she was asked if she missed her family when she reached these heights after moving out of the house. Her response was long, and her face animated. When she finished, the translator turned to the journalist and said: No. (Related: Olympic wrestling and underdogs) STAR ATTRACTION Naturally, other countries wanted to replicate China's successes, hone and cultivate young champions. They can have different methods, different approaches, different considerations, considering issues such as individuality, family and personal freedom. But every nation on earth wants a champion or two. Champions are welcome. Almost every totalitarian government since Hitler's time has tried to produce stars that bring international prestige. The Soviet Union turned this into a relentless system. East Germany took that further with state-sponsored doping. What has changed is that the hunt for champions is now part of democratic life, an integral part of sport. This process is currently being carried out in a scientific and structured manner. (Related: Olympic Stars) At the 2016 Olympics, a new generation of champions are on the scene. However, the seeds of their success will often be sown 10, 15 or 20 years ago, when government-backed systems first identified their potential. Sport is seen as something worth spending public money on -- and it's just as true in today, as in China. We no longer wait to see that every sport is a sport. Be. Chance plays an increasingly important role in the hunt for elite performers. Talent spotting is used to kick and skip. If you find yourself in the right sport in the right place at the right time, you've got ahead. But too much has slipped through the net: no one will ever know about champions who missed out or people who went unnoticed because they never played a sport that suits them. A bright girl, she stood out at school in Staffordshire, not least because she was 6ft tall. I would volunteer for everything, she says. But despite her competitive attitude, she wasn't good at sports. She was smart, though, and eventually went

to Cambridge. I went in and everyone looked at me and said: You should try rowing. Immediately she showed the ability and ability to be a coach, two basic skills. (Related: Being Instant Genius) Things changed when she came into contact with the UK Sport Talent ID scheme, a UK lottery-funded system for the recognition and development of potential champions. She was asked to be evaluated. It was rough and ready - tape the measure and exercise the bike, she says. They measured her arm span and tested her strength. Then they caught her on a bike. Every minute had to be on the bike faster than before. Wasn't there a psychological element in the testing? I think it was part of the bike test, she says. Although I didn't realize that at the time. A similar test was put on a German athlete who grew up in the 80s. Long after all the other girls took a shower and changed, Katrin Rutshov-Stomtorowski was still there, jumping, jumping. She won the gold medal in Athens in 2004. (Related: As the father of genius) The bike test showed that Watkins was able to go fast and was willing to explore personal limits. Here was someone strong, with the right long lever to build and an attitude that was the coach's dream. Watkins won the gold medal in double skulls at the London Olympics with Katherine Grainger. There are three things to note from this story: (1) Watkins was relatively mature when she was spotted; (2) The methods for this were relatively rough; (3) she was already doing the sport she was supposed to succeed in. Now it's more about finding athletes under five years younger and setting a potential athlete in the sport. Watkins could have been lost. If she went to, say, Bristol University, she would. There was an element of luck in her search. Always will be. But the point of the new talent identification industry is to keep luck to an absolute minimum. SPORT TAILORING Lizzie Yarnold took the heptathlon after watching Denise Lewis win at the 2000 Olympics, but she's not tearing up any trees. She then became involved in UK sport Initiatives. She wanted to try horse sport. It was suggested that she try the skeleton, the skeleton, You go down the toboggan to run your head. She was natural and won her first race. It was a new approach. Instead of accelerating athletes with the potential to take their current sport to the next level, this method has exposed gaps in the medal market and filtered athletes in these disciplines. Yarnold was a talented athlete in the wrong sport. You will find someone who wants to succeed and do your best to develop their talent in case it is best suited. It works. But there is another way: to put a strain on the numbers. So you can turn kids with potential into athletes, whether they like it or not. At least to a certain extent. At least in theory. (Related: Great tour of China) Of course, it's a tradition in China where the system works like a pyramid with a wide base. The Chinese adapted the approach of the Soviet Union with great success. At any given time, they are likely to have 300,000 children in specialized sports schools. Gymnastics departments - a sport in which you can succeed from an early age - will accept children under the age of five. Many of them are boards that see their parents one or two nights a week. The best end up in a huge complex in Beijing. Here they are trained for the highest awards in such sports as diving, swimming, badminton, volleyball, weightlifting, table tennis and athletics. At the 1988 Seoul Olympics, China won five gold medals, as did Great Britain. In Beijing in 2008 - an event in which native people poured all possible resources - they won 51, 20 more than the United States. Britain won 19 and finished fourth. Sports schools played a big role in this success. It's hard to argue with the method. Morality, on the other hand, is quite another matter. (Related: Get a Gold Medal Mind Set) RESULTS SERVICE In 2005, Olympic rowing champion Sir Matthew Pinsent worked for the BBC in China. He attended a sports school that received children as young as six, and there he oversaw gymnastics training. He noticed that one of the boys had red marks on his back. I asked the boy through an interpreter if he was injured and he said in fact the tone: Oh yes, if we get something wrong, we get hit, Pinsent says. Another boy commented: He gets hit all the time. None of them saw anything unusual about it. They were having the same dream as me, but in a different way. It seemed unacceptable. But views vary on China's methodology. Steve Rush is a former head of sports performance at the U.S. Olympic Committee. He currently runs TSE Consulting, a company that helps clients from government agencies and sports organizations develop talent. He has visited many talent spotting programs and is guarded by the impression of some Chinese works. (Related: Train as an Elite Athlete) Picking Up Someone From Family Not what I would like to see but you have to understand what education that a child gets - even if the child doesn't make it to the elite level in sports bring more wealth to the family. The system receives support from the population. But Rush is wary. Taking children too young and giving them too much work can be counterproductive. If you take away the pleasure, the child will not develop. The kid will start to hate everything about what's going on and burn. The talent program should take that into account. This may be the case in China. Since the launch of its state-funded schools, Chin has consistently produced exceptional athletes. Bu, given its numerical superiority, China's dominance must even be greater than it is. NUMBERS GAME Regardless of the success of the Chinese system, it is difficult to imagine a similar program in the UK. So the British approach is more scientific - one that relies on numbers but of a different kind. Dr Stuart Lang is head of the English Institute of Sport's performance pathways - in other words, England's chief talent spotter. His job is to find potential athletes sometimes at the age of 15 but up to 25 years old. The question is how old they are on the podium, he said. The science behind this is enormous. Anthropometry matters: that is, measuring size and proportion. Weightlifter and rower should be strong, but rowing about long levers, weightlifting on the contrary. (Related: Keep your brain young) It all starts with the physical. You may have the greatest attitude in the world, but you won't make a rower if you're 5 feet tall. Your physique may be best suited to, say, flat water kayaking, but fulfilling your potential may not be enough to make you a champion. Every sport needs exceptional physical resources: and talent spotting techniques start by finding people with physical potential for the sport they are fit for. It's not about what it takes to survive, it's about what it takes to succeed in one tiny area. And it's not just about finding the continuity of good bodies. It's about behavior, acting in the manner of a potential champion. In a way, we're looking for people who want to win twice, Lang says. It's not enough just to come first - you should also want to set a new personal best when you do it. But first of all we need young people with a taste for sports. They may be hard to find now that British sport has been devalued in the public education sector as Watkins experienced. Schools do not have the resources to develop sports potential. Many leading scholars oppose the sport and toppled it from its ancient status as a moral center of selflessness. Many have argued that competitiveness is not suitable for encouraging, that the values needed for a better society lie elsewhere. (Related: The Importance of Being Happy) has also been suggested that the role of education is to prepare children for professional and here again, sport is not very much appreciated. It is also a fact that guiding children to careers in sports bring a high level of loss and disappointment. Not everyone is convinced that such things are useful. The policy administered today could mean that Britain will be left behind in the future. Already at the last World Cups in football, cricket and rugby, the English failed to pass the group stage. What is worrying is that this is indicative of a long-term and deeply entrenched problem. Therefore, once again state policy and public demands are working on a contradiction. We want champions, but we don't need a system that produces them. The answer to this paradox is in the hands of talent spotters. (Related: What the government thinks you should eat) RIGHT STUFF Britain surprised the world by finishing fourth in the medal tables at the Beijing Games. In part, it is a well-established funding programme for leading athletes, and in part it was based on the skills of the talent identification program. In short, success has been all about taking the sport seriously and doing it in an organized and methodical way. So yes, it's about money. And priorities. The talent is there; The world is full of diamonds in the rough, as Rush calls them. Their search became their skill - a new sports discipline. This is the most modern form of international competition. Who is the world champion talent spotting the nation? We will be closer to the answer after the upcoming Olympics. (Related: Body scored the first ever sevens Olympic try) At the same time, Lang and his colleagues at UK Sport will argue that it's not about who can round up most people and put them through the most brutal regime. It's about finding people with the right things. Science will tell you a lot: but there is also an undefinable thing. Whatever it is, it's what every coach is looking for and what every spectator is longing for. And that's what underpins the business. It's the ghost in the car: the spirit that enlivens the sport. Gold-Standard Staples Cultivate Team GB-level athleticism by cranking out your explosive strength with this twice-weekly workout from strength and fitness trainer Brett Durney to Bench Press 3 sets of 3 la la reps on the bench with a bar over his eyes. The arms are shoulder width apart, lift the bar off the rack and lower it slowly to the center of the chest, then push it quickly back to full expansion. Pure Press 3 sets of 5 reps Take a portion of the weight off the bar. Starting with the dead part, lift the bar and as it reaches your shoulders, drop into the front squat. Keep your back straight. Tap the bar over your head; reverse the movement. Deadlift three sets of four reps With the lawyer right against your shins, take a shoulder-width mixed grip: one overhand, one under. Bend your knees, keep your back straight and squeeze your buttocks as you hinge on your hips to straighten your legs. Platform jumps 3 sets of 6 reps If you want to improve your leg enough to impress the selectors, stand in front of the waist high box. Squats and start up, landing On the box. Get out of the way. (Related: Crossfit Weight Workout) This content is created and maintained by a third party and imported to this page to help users provide their email addresses. 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