

# *A Study on Badminton Teaching and Training Methods in Vocational Colleges*

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**Abstract:** Now, the level of economic development of China is being significantly improved. Therefore, people's living standards have also been greatly improved and more and more people are beginning to pay attention to their physical fitness. As a result, sports have received widespread attention. As a student, we must pay attention to physical fitness and we strengthen physical exercise outside of class. While cultivating children's professional skills, vocational colleges should also strengthen the training of children's physical fitness. This article mainly analyzes the strengthening of badminton teaching in the teaching process of higher vocational colleges to promote the cultivation of students' physical fitness.

## 1. Introduction

In the physical education in higher vocational colleges, the sport of badminton is the most concerned by students. However, due to the influence of some factors, badminton has not achieved very good teaching effects in vocational colleges. Physical education teachers should analyze various problems in the teaching process, so as to come up with some good teaching methods and strategies to promote the improvement of teaching effects. At the same time, schools should also do a good job in the construction of both hardware and software to assist teachers in teaching, which can more effectively promote the development of badminton teaching. And it can promote the improvement of children's physical fitness and the improvement of school badminton teaching.

## 2. The Importance of Badminton Teaching and Training

### 2.1 Choose Effective Badminton Teaching and Training Methods

When teaching badminton, teachers can choose a lot of teaching methods and training methods. It can effectively stimulate students' interest in learning and enable them to strengthen their learning of badminton technology, and improve their own physical fitness. In addition, in the process of carrying out badminton teaching, students can change their current lifestyles and establish a more correct outlook on life. In addition, it can promote the construction of China's badminton career. It can be through the way of group to develop in the process of training, which can help students to promote each other and promote their own badminton skills exercise and promotion. In addition,

vocational colleges should carry out badminton sports activities, which can allow teachers and students to have better communication and exchanges, and enable students to use badminton in the relatively monotonous process of professional knowledge learning. By this way, students can enrich their own lives and achieve a good effect of combining work and rest.

## **2.2 Badminton Can Strengthen the Physical Fitness of Students**

Generally speaking, students in vocational colleges often only pay attention to the learning of their own professional knowledge and ignore the physical exercise. For boys, it is fortunate that they often keep sports in their spare time. But girls generally do not participate in the corresponding sports. In the process of teaching badminton, teachers should choose appropriate teaching methods to promote the physical fitness of each student, so that they can have a stronger body during the learning process.

## **2.3 Cultivate Students' Ability to Train Independently**

The sport of badminton can improve the children's self-learning ability. Because when carrying out badminton teaching, the teacher will change teaching methods to highlight the dominant position so that every student can propose their own suggestions. In this way, students will greatly improve their own self-learning ability. In addition, the teacher can divide the students into groups to carry out the teaching, which can strengthen their cooperation and communication and make their group consciousness stronger. And in the specific training process, they can find the problems of each other. What's more, they carry out complementary learning so that their badminton level has been well improved. Teachers should also focus on observing the practice of each student when teaching. When students encounter problems, teachers should promptly guide and solve them. So students can have a more comprehensive understanding of badminton training skills and their physical fitness can also be improved very well.

## **3. Problems in Badminton Teaching in Vocational Colleges**

In fact, a large part of China's higher vocational colleges have some major problems in badminton teaching. On the one hand, these problems are caused by the poor foundation of the students themselves. On the other hand, the students' interest in this sport has declined because of the teaching methods adopted by the teacher. Therefore, the problems existing in the process of developing badminton teaching in higher vocational colleges are mainly manifested in the following aspects.

### **3.1 Lack of Professional and High-Quality Badminton Teachers**

With the popularization of literacy education, many people step into the higher vocational schools. This phenomenon of lack of teachers and heavy teaching tasks prevents the development of badminton and cannot effectively teach badminton knowledge to students. Therefore, it is difficult to effectively develop badminton teaching. A lot of badminton teachers do not graduate from badminton majors, but carry out educational work through book knowledge, which results in a lack of solid theoretical knowledge of badminton education and a lower level of practice. What's more, it seriously affect the improvement of students' badminton learning skills.

### **3.2 Badminton Training Level is Low**

In the process of developing badminton teaching in China, there are few badminton competitions and the level of training is relatively low. This greatly affects the students' enthusiasm for learning badminton, which makes the teaching effect difficult to achieve expectations.

### **3.3 Backward Construction of Badminton Courts**

At this stage, when most vocational colleges are constructing sports venues, they do not specifically set up badminton courts but only conduct outdoor training. This has affected the development of badminton teaching to a certain extent. In addition, students cannot conduct large-scale training due to insufficient sports venues, which is also the most direct manifestation of poor badminton teaching effects.

## **4. Strategies of Badminton Teaching in Vocational Colleges**

### **4.1 Strengthen Infrastructure Construction**

Badminton courts have relatively small venue restrictions, but in order to obtain obvious effects of education and training, it is still necessary to rely on professional training grounds. According to this, higher vocational schools build sports facilities, expand capital investment, and actively construct sports facilities to ensure that the specific content of badminton teaching can be passed on to students. In addition, special badminton halls can be built in which students can practice badminton and improve utilization of sports facilities.

### **4.2 Actively Introduce High-Quality Badminton Teachers**

When developing badminton teaching in higher vocational colleges, they can continuously introduce high-quality badminton teachers. Only in this way can badminton teaching be better carried out. In addition, the school can recruit some teachers with strong professional ability in badminton from the society to participate in the teaching work, which can promote the quality of badminton teaching in the whole institution to a certain extent. At the same time, the school can also organize physical education teachers to study in professional badminton training bases, so that their own professional skills can be enhanced, and they can better impart badminton knowledge and skills to students.

### **4.3 Actively Hold Badminton Competitions**

In fact, higher vocational colleges can hold corresponding badminton competitions when they carry out badminton teaching, which can stimulate students' interest in learning and make them actively participate in badminton training to actively respond to badminton games. In addition, badminton leagues can be held between higher vocational colleges, so that students can compete with students in other colleges, which will stimulate their own sense of honor and better devote themselves to badminton. What's more, schools can set up corresponding badminton clubs to provide special training to the members of the clubs and lead them to participate in badminton competitions among college students across the country. In this way, they will be able to practice badminton more specifically, which can inspire their passion for learning badminton.

### **4.4 Organically Combine Badminton Teaching and Science and Technology**

The development of various science and technology in China is rapid, higher vocational colleges can integrate with corresponding science and technology in the process of developing badminton

teaching to improve the quality of badminton teaching. When teachers in higher vocational colleges are carrying out badminton teaching, they can show students some more abstract theoretical knowledge through corresponding equipment. So students can have a deeper understanding of badminton, and will be more relaxed and convenient in further study and practice. In addition, through the use of science and technology, teaching methods can be further enriched and the effects of badminton teaching and training can be improved.

## 5. Conclusion

All in all, in the process of sports construction in higher vocational colleges, most of them have set up badminton courses and hope to improve the physical quality of each student through badminton. So students can get a more comprehensive development. There are also some sexual problems in badminton teaching. Therefore, higher vocational colleges should continuously improve and reform their own problems. Only in this way can they ensure that they can achieve ideal results when they carry out badminton courses and it can also enhance the physical fitness of each student.

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