

Analysis on the Importance of Core Strength Training in College Badminton Teaching

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Abstract: Badminton, as a sport popular with a wide range of people around the world, has become an important part of the physical education curriculum in higher education. With a deeper understanding of the scientific nature of sports training, core strength training has been recognised as a key element in enhancing athletes' competitive performance in badminton. This paper provides an in-depth discussion of the application of core strength training in the teaching of badminton in higher education and its remarkable importance. Through meticulous analysis, it reveals the positive effects of core strength on enhancing badminton sports skills, especially in improving athletes' stability, flexibility and overall movement efficiency during competition. Through systematic core strength training, students can not only perform better in badminton games, but also effectively prevent sports injuries and promote physical health and physical and mental well-being. Therefore, incorporating core strength training into the badminton teaching programme of colleges and universities is of great practical significance for the overall improvement of students' badminton skills and sports performance.

1. Introduction

Badminton is a sport that requires very high physical quality and skill. In college physical education, how to effectively improve students' badminton skills has become an important part of teaching work. In recent years, with the development of sports training theory, core strength training has been paid more and more attention by coaches and athletes. As the basis of body strength, core strength plays an important role in improving badminton players' sports skills, performance and preventing sports injuries.

2. The relationship between badminton skills and core strength

2.1 Analysis of badminton skill requirements

As a comprehensive sport that integrates speed, strength, endurance, flexibility and coordination, badminton puts forward extremely high requirements on the physical quality of athletes. In this series of physical requirements, the core strength undoubtedly plays a pivotal role. Core strength, as the body's power center, is not only necessary for athletes to perform fast movement, instant

acceleration and high-intensity shots, but also plays a key role in maintaining balance and stability during exercise and preventing injury. The strong core strength can effectively transfer the strength of the upper limb to the lower limb through the body to achieve the effective output of strength and the accurate execution of motor skills. Good core strength can also help athletes maintain a high competitive state in a long time of competition, reduce technical errors caused by physical decline, so as to occupy an advantage in fierce competitions. Therefore, the training of core strength is not only directly related to the technical performance of badminton players, but also the key to improve their competitive level and competition results.

2.2 Influence of core strength on badminton skills

Core strength, especially the strength of the waist, abdomen, back and buttock muscles, is the basis of power and balance in badminton. A strong core can provide stable support for the athlete, making it more flexible and stable when performing fast movements, jumps, turns, etc. In the execution of badminton's various technical actions, such as diving, picking, killing, etc., the strong core strength can ensure the accuracy and power of the action, so that the hit is more rapid and accurate. Core strength training, through special training programs targeted to enhance the strength of the waist, abdomen, back and hip muscle groups, not only can improve the players' batting power and speed, but also maintain better coordination and stability in the game, effectively reduce the failure caused by lack of strength in the core area. Good core strength can also help athletes maintain a good physical condition in high-intensity competitions, reduce fatigue and improve competition endurance. Through systematic core strength training, the overall performance of badminton players can be significantly improved. Training methods include but are not limited to plank, Russian twist, dead worm, etc. These exercises are not only targeted, but also can effectively activate and strengthen the muscle group in the core area. Therefore, reasonable integration of core strength training in college badminton teaching and training can not only improve students' badminton skills, but also promote their physical health and all-round development of athletic ability^[1].

3. Basic principles of core strength training

3.1 Training content and method

Core strength training is key to improving an athlete's overall performance and includes a series of exercises designed to strengthen the abdominal, back and buttock muscles. This type of training can be divided into static core stability training and dynamic core strength training. Static core stability training focuses on strengthening the stability and endurance of the core muscles by holding certain positions still. Classic training methods include plank support, side plank support, etc. These exercises require athletes to maintain a straight line while tensing the core muscles to support the body weight, effectively exercising the stability of the core area. Dynamic core strength training builds core strength by moving the body, such as Russian twist, mountain climber, etc. This type of training not only strengthens the core muscle group through complex movement patterns, but also improves the flexibility and coordination of the body. The key of dynamic training is to simulate the action needs in actual combat through changing movement modes, so as to improve the application ability of athletes in competition. The combination of static and dynamic training methods can comprehensively strengthen the core strength of athletes and provide a solid physical foundation for high-intensity sports such as badminton.

3.2 Formulation and implementation of training plan

To develop a personalized core strength training program, you need to first assess the athlete's current physical condition and skill level. Through baseline tests, such as core strength tests and flexibility tests, the coach can understand the athlete's starting point and develop a training plan based on the test results. An effective training program should take into account the individual differences of the athlete, such as age, gender, fitness level, etc., as well as specific skill development needs. For starters, for example, the program may focus more on basic core stability training to build a good physical foundation; For experienced athletes, more dynamic training and high-intensity core strength exercises may be added to further improve the level of competition. The implementation of the training program needs to be systematic and continuous. Systematic means that the training content should fully cover all muscle groups in the core area, so as to achieve balanced development; Continuity emphasizes that training should be carried out regularly to avoid the loss of training effect caused by long-term discontinuity. During the training process, the athlete's progress and physical response should be constantly monitored, and the training plan should be adjusted according to the actual situation to ensure that the training is effective and safe. By carefully designing and implementing personalized core strength training programs, athletes can not only achieve better performance in sports such as badminton, but also effectively prevent sports injuries and promote physical health. The key lies in the personalized design and scientific implementation of the training plan, as well as the continuous monitoring and timely adjustment of the athlete's progress, which are important factors to ensure the training effect and athlete safety [2].

4. Application of core strength training in badminton teaching

4.1 Improve motor skills

The application of core strength training in badminton teaching is very important for students to master the basic skills of badminton. Core strength, as the center of body power, directly affects the balance, stability and power transmission of athletes. Through targeted core strength training, students can effectively improve their body control ability, which is particularly important for the rapid and accurate completion of various technical movements in badminton. In badminton, the strong core strength can help players maintain the stability of the body when hitting the ball, reduce unnecessary body shaking, and thus improve the power and accuracy of the ball. For example, when executing a smash, strong abdominal and back muscles can provide more stable support for the upper limbs, making the shot more powerful. When performing technical movements in front of the net, a good core strength can also help athletes quickly adjust their body position and accurately complete fine operations. Therefore, the introduction of core strength training in college badminton teaching can not only help students master badminton skills faster, but also play an important role in improving the quality of technical movements. Through systematic training, students can improve their core strength at the same time, improve the understanding and mastery of badminton technical details, and then play better skills in actual sports.

4.2 Enhance competition performance

Core strength training also plays a significant role in improving students' performance in badminton matches. In competition, stability, flexibility and endurance are the key factors that affect the performance of athletes. The enhancement of core strength can significantly improve the stability of the athlete in fast movement and transition, reduce the errors caused by imbalance, and enable the athlete to deal with the game more confidently. The increase in flexibility comes from the

strengthening of core strength, which allows the athlete to adjust the body more freely and react quickly when making rapid changes in direction or complex steps. Core strength training can also effectively enhance the endurance of athletes, especially in long-term competition, a strong core can help athletes maintain a high level of technical performance, delay the appearance of fatigue. By adding core strength training to badminton teaching, coaches can help students improve their individual skills and enhance their comprehensive competitive ability in the game. This kind of training not only improves students' skills, but also makes them mentally and physically prepared for the high-intensity confrontation in the competition, thus showing better performance in the competition ^[3].

5. Teaching strategies for core strength training

5.1 Innovation of teaching methods

To integrate core strength training into badminton teaching effectively, we need to adopt innovative teaching methods and strategies to improve students' participation and training effect. One effective approach is gamified training, which transforms traditional core strength exercises into fun games by designing fun game activities such as "core strength relay race" or "Balance Grand Challenge" to stimulate students' interest in learning, while achieving core strength training in the game. This way can not only increase the fun of training, but also improve the core strength of students virtually. In addition, situational simulation training is also an effective teaching strategy. By simulating the actual situation in badminton competition, such as quickly moving to the designated position to execute the smash action, students are required to give full play to the core strength in the process of completing the task, and improve the stability and accuracy of the action. This training method enables students to experience and understand the application value of core strength in badminton in the context of competition, so as to participate in core strength training more actively and deeply. Through these innovative teaching methods, not only can enhance students' training interest and motivation, but also help them better understand and grasp the importance of core strength training, and lay a solid foundation for improving badminton skills.

5.2 Evaluation of teaching effect

Evaluating the effect of core strength training on the improvement of students' badminton skills is an important link to ensure the teaching quality and adjust the training plan. An effective assessment method is through regular physical tests, such as core strength test, flexibility test and explosive power test, which can quantify the physical changes of students and intuitively reflect the effect of core strength training. Another evaluation method is to observe the performance of students in the game by organizing simulated games or participating in official games, especially the application effect of core strength in moving speed, stability, hitting power and endurance. Through the competition, coaches can directly evaluate the actual effect of core strength training in improving students' badminton competitive ability, and also stimulate students' interest in competition and training enthusiasm. By combining these evaluation methods, coaches can fully understand the impact of core strength training on the improvement of students' badminton skills, adjust the training plan in time, and ensure the realization of teaching and training goals. Through continuous evaluation and feedback, the quality and effect of core strength training can be effectively improved, and the overall development of students in badminton can be promoted ^[4].

6. Challenges and countermeasures

6.1 Stimulation of training motivation

Increasing students' interest and motivation to participate in core strength training is essential to ensure the successful implementation of the training program. Setting clear training goals and aligning them with students' individual athletic goals is the first step to increasing participation. This approach helps students understand the importance of core strength training to improve their performance in sports such as badminton, thereby increasing their identification with training and enthusiasm for participation. In order to further stimulate students' interest, gamified training methods are adopted to transform traditional training exercises into fun-filled competitions or teamwork games, which can not only enhance the interest of training, but also promote social interaction and team spirit among students. In this way, students can inadvertently improve their core strength while enjoying the fun of the game. Teachers will clearly set and communicate short- and long-term training goals to provide students with a clear direction for progress and a measurable sense of accomplishment. For students who achieve specific training results, giving appropriate rewards, such as praise, awarding MEDALS or providing small gifts, these positive feedback can not only enhance students' sense of accomplishment, but also stimulate their motivation to continue to participate in the training. It is important that coaches and teachers constantly explore and experiment with new motivational strategies to create a positive training environment where students feel that each training session is an experience worth looking forward to and striving for. Through such a comprehensive approach, students' interest and motivation in core strength training can be effectively increased, thus promoting their overall performance and development in sports.

6.2 Prevention of training risks

Although core strength training is of great benefit to improve badminton skills, if it is not done properly, it may also bring training risks, including muscle strains, joint sprains and so on. To prevent these risks, it is important to ensure that the muscles and joints are adequately warmed up before the start of training. The instructor should ensure that the students have the correct training techniques and posture to avoid injuries caused by technical errors. For beginners, start with low-intensity training and gradually increase the difficulty and intensity to avoid overtraining. At the same time, the coach needs to closely monitor the student's training response and give timely adjustment or intervention for any signs of discomfort or fatigue. The establishment of a comprehensive training feedback system, so that students can timely feedback training problems and discomfort, is also an important measure to prevent training risks. Through regular physical fitness tests and motor skill assessments, coaches can more accurately understand the training effects and physical conditions of students, and timely adjust the training plan to ensure the safety and effectiveness of training. By stimulating students' training motivation and taking effective risk prevention measures, the positive role of core strength training in college badminton teaching can be maximized, and the physical health and safety of students can be guaranteed [5].

7. Conclusion

Core strength training plays an important role in improving the quality and effect of badminton teaching in colleges and universities. Through careful design and implementation of targeted core strength training plan, students can not only significantly improve their badminton skills, but also perform better in the competition, showing better competitive state and psychological quality. To

this end, teachers need to have a deep understanding of students' physical condition and skill level, so as to develop a scientific and personalized training program. At the same time, by adopting innovative teaching methods and incentive mechanisms, students' training interest and participation can be effectively improved. Teachers must also pay attention to safety during the training process to ensure that every student can train in a safe environment. The effective integration of core strength training into badminton teaching can not only promote the rapid improvement of students' skills, but also help to cultivate their comprehensive quality and lay a solid foundation for their all-round development.

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