

Research on the Innovation and Construction of Badminton Teaching Methods in Colleges and Universities

Qiang Zhou

Sports Center, Xi'an Peihua University, Xi 'an, Shaanxi Province, China

Abstract. Badminton is a competitive sport with profound cultural background and rich connotation. It enjoys a high reputation and influence in the international sports forum. In recent years, with the popularization and development of badminton, badminton has entered the college physical education class and become one of the most favorite sports for college students. However, in college physical education, there are still many problems in badminton, which need to be solved. This paper analyzes the current situation and problems of badminton teaching in Colleges and universities in China, and puts forward corresponding teaching reform countermeasures and suggestions, which are only for reference to badminton educators and fans.

Keywords: badminton, college physical education, teaching status, innovation.

1. Introduction

Badminton teaching helps students to achieve the purpose of physical exercise, so most schools apply badminton teaching in the process of physical education. In order to further ensure the effective development of teaching courses, colleges and universities must carry out badminton teaching according to students' learning situation and movement needs, although the current badminton teaching in Colleges and Universities has been carried out to a certain extent. To some extent, there are still some problems in the reform and innovation, which seriously affect the teaching innovation and the effective improvement of teaching effect. Badminton has certain requirements for the sportsman, and must have a solid professional foundation and professional quality, so students must master the correct badminton skills and more time-consuming professional quality.

The significance of badminton teaching in Colleges and Universities

At present, with the continuous development of China's economic level, people's health awareness is gradually deepened, and badminton has also been widely valued by people. Badminton belongs to a low level sport that makes people have fun. Based on the background of the new curriculum reform, teachers should take the training of students' physical quality as the teaching goal, aiming at the scientific and perfect badminton teaching program, because students are facing a lot of pressure, so students have poor psychological quality and other problems. For this kind of situation, badminton teaching is helpful to improve students' innovative consciousness and independent inquiry ability, enable students to show their skills and talents in the badminton training process, gain self-confidence in the application of badminton skills, and have good psychological comprehensive quality to effectively solve the problem in the face of pressure. It can be seen from this that badminton teaching in Colleges and universities can effectively exercise the physical quality of the athletes and effectively improve the comprehensive quality.

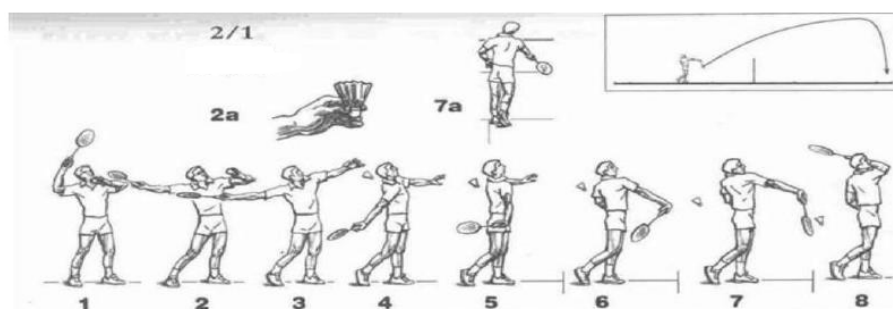


Figure 1. Schematic Diagram of Forehand High Ball

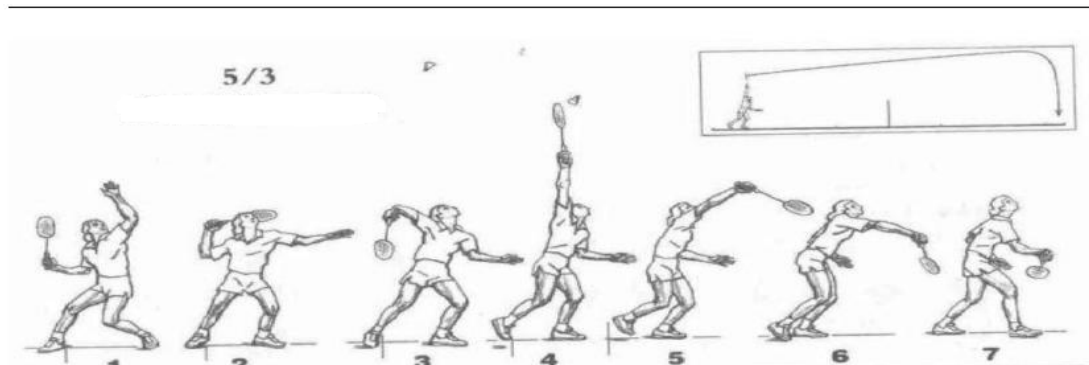


Figure 2. Forehand hitting the long distance ball

The shortcomings of badminton teaching in Colleges and Universities.

1.1 Unreasonable Course Arrangement

Before badminton teaching in Colleges and universities, we must make a scientific and perfect teaching plan to ensure that the teaching time is abundant and good exercise can be obtained. But at present, there are more or less problems in the course of badminton, such as more theoretical time and less practical hours. Teachers lack of guidance to students for formal competition observation and discussion, and students have no time to strengthen the effective application of theoretical knowledge. Due to the lack of practical exercises, there are unreasonable phenomena in theoretical courses and time arrangement, which can not meet the diversified needs of students.

1.2 Unclear Teaching Objectives

To carry out teaching activities in the process of badminton teaching in Colleges and universities, it is necessary to set up clear teaching objectives so as to carry out badminton teaching step by step. However, most colleges and universities have not set up scientific and perfect badminton teaching objectives. They believe that badminton teaching is mainly to train students' physical quality. As long as students actively participate in badminton teaching, they do not need to achieve some teaching effects. However, some teachers pay too much attention to the skill training of students, but not to the physical fitness of students, so it is difficult to improve the efficiency of badminton teaching.

Table 1. Comparison table of test scores of students' forehand high and far ball

Forehand High Ball	Pre Test	Final Test	T	P
Experience Group	4.9834±1.353	8.142±1.275	-11.982	0.000
Control Group	4.689±1.723	6.000±1.853	-3.166	0.051

1.3 Poor Physical Quality of Students

The important purpose of physical education is to enhance students' physical quality, cultivate students' interest in sports, develop good sports habits and enhance students' physical function, not to cultivate professional sports personnel. However, in the process of physical education in Colleges and universities, the physical quality of students is relatively low. In the process of making badminton teaching plan, teachers should strengthen the effective integration of physical quality improvement and skill training, not only to ensure the improvement of students' physical quality, but also to improve certain badminton sports skills, so as to promote the diversified development of students.

2. Integrate and Optimize the Current Badminton Teaching in Colleges and Universities

2.1 Improve Badminton Infrastructure and Equipment

With the implementation and development of China's education strategic deployment, the state attaches great importance to the education construction of universities, and the amount of investment in universities continues to expand, and the construction facilities also continue to improve. Therefore, we should actively grasp the hard won opportunities and strengthen the construction of badminton facilities. At the same time, we should rationalize the planning and distribution of sports venues, integrate the construction proportion structure of various sports venues, strengthen the management of badminton indoor venues, improve the working attitude and level of management staff, strengthen the full use of sports venues and reasonably arrange the opening time of venues. In terms of management mode, we should actively innovate the management mechanism, abandon the traditional thought management method, make full use of the venue facilities, reasonably arrange the open time on the basis of teaching to help students to provide sufficient time for badminton exercise, and comprehensively use various teaching methods to fully reflect the entertainment and popularity of badminton, so that students can improve the teaching effect and teaching in fun learning Teachers can also complete all teaching objectives and plans in a relaxed teaching atmosphere.

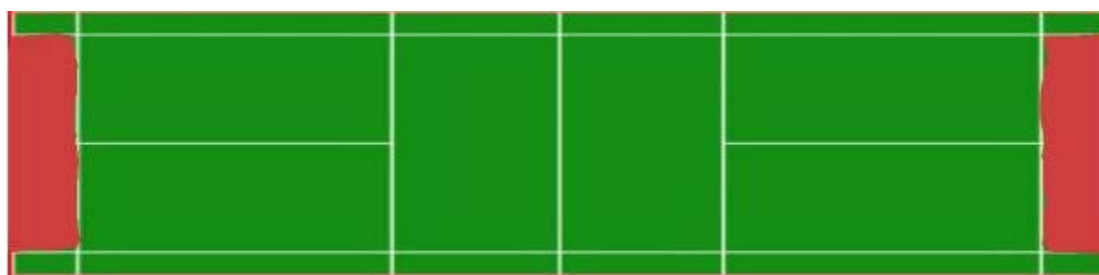


Figure 3. Effective area of landing point

2.2 Strengthen the Construction of Special Teachers

The overall development level of college badminton is based on the construction of an efficient, strategic and professional team. Therefore, we need to strengthen the team of master talents, improve the professional ability of badminton teachers, build a professional team of teachers with rich teaching experience, strong technicality, rich badminton theoretical knowledge and strong badminton competition skills to teach, which requires the relevant cooperation of the relevant management departments of our college sports institute, and comprehensively improve the comprehensive quality of badminton teachers Ping as well as the profound badminton professional knowledge and broad cultural literacy. With the in-depth reform of China's education system, an excellent professional physical education teacher should not only master the professional knowledge system of badminton, but also strengthen the study of professional level, keep up with the development of badminton, understand new ideas, master new information, learn new skills and constantly update knowledge. He should always stand at the forefront of the reform of the times, so as to make himself strive to become an "experienced" professional The badminton teacher has turned to be a "scientific research" badminton professional tutor. In addition, in the teaching mode and method, PE teachers should abandon the traditional teaching ideas, be good at exploring the characteristics of badminton, reflect the fun and entertainment of badminton, so as to promote the overall development of teaching level. In the daily teaching activities, we should make a comprehensive assessment of the overall learning level and badminton skills. According to the characteristics of each student, we should give full play to its own advantages, arrange teaching courses reasonably and scientifically, promote the improvement of the competitive level between students, and enable students to learn in a pleasant atmosphere of fair competition, mutual learning and common growth.

2.3 Create an Innovative Multi WIN Platform and Comprehensively Improve Badminton Teaching Methods

With the emergence of badminton in college physical education class, because of the traditional teaching mode, obviously can not meet the "people-oriented" education concept, teachers should have an enterprising heart, further enrich the level of students' personality development, should not be "full of economic" teaching mode to shackle students' thinking, strike students' enthusiasm and imprison students' divergent thinking. Therefore, we can create badminton sports associations and hold badminton competitions to stimulate students' active participation and interest, enrich their skills and enhance their self-confidence in participating in social competition. We will introduce interesting badminton teaching into college students' physical education class, change the traditional "cramming" teaching method, explore a way of combining professional badminton with college physical education courses, innovate the teaching reform mechanism, let college students grasp professional skills in a universal way, and stimulate students' interest on the basis of mastering the basic technical movements, power frames and power of badminton, Enhance their sense of the ball and the level of ball skills, so as to move forward to the direction of professional development. Therefore, we should carry out teaching and training skills in line with the development mode of "integration of resources and ideas", so as to promote the reform of badminton course and create a new platform of all-round and multi win.

2.4 Give Full Play to Multimedia Courseware and Improve the Level of Technical Exercises

With the rapid development of modern information technology, multimedia technology has been widely used in college teaching. Therefore, we should not only be good at playing the advantages of multimedia technology in the professional courses of college students, but also lead it into the badminton teaching courses of students. By using multimedia courseware, we can show students a set of complete, accurate and important badminton action essentials, and let them master the most basic action points (which is also difficult for students to control well). Therefore, in the process of teaching, teachers can use multimedia courseware to teach, such as: finger power, twist power, flexure power, forearm internal rotation and external rotation, wrist adduction and abduction, etc., to show students the precise action essentials one by one, and to demonstrate the tactical skills and actions according to the actual teaching needs, students can fully understand the technical and tactical actions in a step-by-step way Point, to have a comprehensive understanding and mastery of tactical action, so that students badminton more professional, accurate.

3. Conclusion

With the continuous reform and development of physical education in China, physical education in Colleges and universities gradually moves towards a diversified development mechanism. Its own characteristics and training effect, in line with the physiological and psychological characteristics of college students in China, has become an important part of physical education in China. Badminton can not only help college students to build up their bodies, but also cultivate their indomitable will and collectivism. At the same time, it can enrich their entertainment life, enrich their college life, cultivate their good interpersonal skills, and adapt to the development needs of modern education talents. Therefore, the innovation and reform of badminton teaching is of great practical significance to the physical education and physical and mental health development of college students in China.

References

- [1]. Ye Qing, Zhou Zhihui, Zhang ruopo. Exploration of badminton optional course teaching in Colleges and universities [J]. Journal of Hefei University of Technology (SOCIAL SCIENCE EDITION), 2017 (02).

- [2]. Zhong Da, "one key" and "four foundations" in Badminton Teaching [J]. Physical education, 2015 (01).
- [3]. Han Xueling, Song Qi. Badminton teaching status and Countermeasures in Tianjin Vocational Colleges [J]. Contemporary sports technology, 2016 (31).
- [4]. Cui Zhengmei. Analysis of the impact of badminton teaching on students in Vocational Colleges [J]. Science and education guide (last ten issues), 2018 (12).