

Research on the Application and Optimization of College Tennis

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Abstract. College tennis in China is in the development stage. Through the analysis and Research on the construction of college tennis venues, disciplines and teachers, this paper puts forward that the development of college tennis in an all-round and three-dimensional way makes it develop in a healthy, rapid and comprehensive way. In this paper, the development prospect of college tennis is discussed. Through the analysis and summary of specific improvement measures, I hope to contribute to the sustained, stable and rapid development of college tennis.

Keywords: College, tennis, application status, optimization research.

1. The Deficiency of Tennis Course in Colleges and Universities

1.1 Tennis Court Still has Great Limitations

As a sport, tennis learning is mainly in outdoor practice, especially in ball games such as tennis. It has higher requirements for serving, hitting and other actions. Students need to practice frequently to master the sport better. However, at present, the construction of tennis courts in Colleges and universities in China can not match the teaching scale, and can not meet the needs of students for tennis courts, which limits the number of exercises students have in their spare time, so that students can not review and consolidate the essentials of learning in class in time, greatly reducing the learning effect of students.

1.2 The Quantity and Quality of Tennis and Racket do not Meet Professional Standards

The price of high-quality sports equipment is also relatively high, and as an ordinary college student, it is far from affordable. Although the sports equipment rooms of colleges and universities are also equipped with tennis and tennis racket, but due to the problem of funds, the number of tennis and racket is far from ensuring that every student has a set of racket, only in the physical education class can ensure the practice of students. But the physical education class is generally demonstrated and explained by the teacher. In order to master tennis skillfully, we must rely on continuous practice after class. On the other hand, the quality level of public tennis and racket in our school can not meet the professional standards. After all, the funds of colleges and universities in our country are limited. It is difficult to achieve the perfect combination of quantity and quality. Therefore, the quantity and quality of tennis and tennis racket also limit the development of tennis in Colleges and universities to a certain extent.

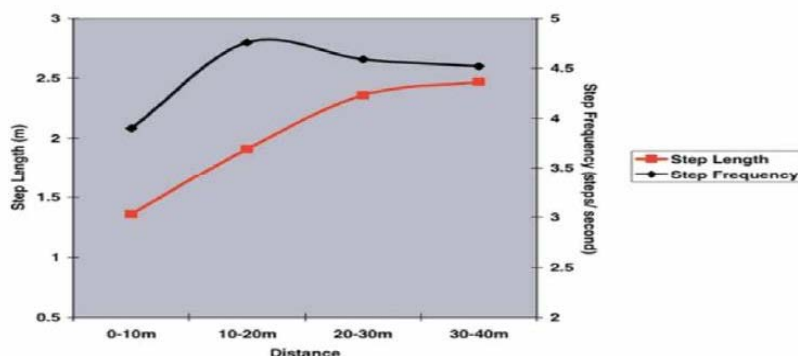


Figure 1. Step size and step frequency in acceleration phase Excerpts from: Biomechanics of sprinting: A review



Figure 2. body posture of sprint and maximum speed Excerpt from:Resistance Training for Short Sprints and Maximum-Speed Sprints

1.3 The Proportion of Theoretical Teaching and Practical Teaching cannot be Reasonably Distributed

Theory teaching is the basis of practice teaching, practice can not be separated from the support of theory. In fact, the theory teaching of physical education has a great impact on the learning process, but the reality is that the theory teaching of physical education in Colleges and universities rarely or even ignore the theory teaching. It is understood that physical education classes in Colleges and universities in China are usually held once a week (except for the physical education department), and they are basically outdoor physical education classes. Perhaps in people's traditional concept, physical education classes should be conducted outdoors, but outdoor physical education classes will greatly reduce the theoretical teaching time. The physical education teacher's lectures are about 20 minutes, which is to simply talk about the action essentials and precautions Let the students practice by themselves. This leads to a serious lack of students' understanding of the sport and will not enhance their interest in learning. The survey found that there is an obvious phenomenon in college students' PE course selection, that is, more students choose badminton, basketball and football than tennis. It can be seen that students still lack of understanding of tennis, leading to many people do not choose tennis courses.

Table 1. A comparative analysis of learning interests between two groups of students

	Experience Group	Control Group	P
Sports participation	4.16±0.57	3.83±0.76	.023
Positive interest	4.73±0.32	4.23±0.61	0.28
Passive interest	1.08±0.26	1.43±0.4	0.02
Active learning	3.94±0.65	3.56±0.30	.015

2. The Development of Tennis in Colleges and Universities

2.1 Advantages of Developing Tennis in Colleges and Universities

2.1.1 Colleges and Universities have a Good Sports Culture Atmosphere

Campus sports culture can quickly gather, and also can complete the transmission of a variety of sports information in real time, quickly reflect the sports dynamic. The university sports atmosphere is relatively strong, and also has the basic guarantee of tennis. Therefore, the reasonable use of campus sports culture and the reasonable use of its own advantages will inevitably make the rapid and effective development of tennis.

2.1.2 Colleges and Universities have Unique and Fast Forms of Communication

In Colleges and universities, we can often see students holding rackets while walking and talking. At the same time, we can often see wonderful tennis batting and superb tennis skills in Colleges and universities. The formation of such a Campus Tennis atmosphere enables students to be influenced by tennis intentionally or unconsciously. Therefore, in Colleges and universities, whether it's dormitories or track and field, it's the place to spread tennis.

2.2 Problems in Developing Tennis in Colleges and Universities

2.2.1 Site Construction

Lack of funds, lack of venues and slow construction are common problems in Colleges and universities, which also restrict the development of tennis. Through the relevant investigation, we can draw a conclusion that most colleges and universities often only set 2-3 tennis courts, which can not meet the needs of students to participate in tennis, and also hinder the enthusiasm of students to learn tennis

2.2.2 Subject Construction

Setting up tennis class is the core problem in the current development of college tennis. In view of various reasons, most colleges and universities in many cities still do not set up tennis class, which makes students unable to learn tennis in time and quickly. In addition, the current tennis related teaching materials are relatively scarce, tennis books are even less. There are not many researches on tennis in our country, and tennis teachers are generally insufficient. All these factors set up obstacles for the construction of tennis discipline, but also hinder the development and popularization of tennis. The construction of teaching staff has the most serious impact on the development of students, so the main imitative object of students in the classroom is physical education teachers, so physical education teachers need to have excellent skills in the actual process of tennis teaching. Only by continuously innovating teaching methods, guiding students to strengthen learning motivation, and fully mobilizing students' enthusiasm for learning, can teachers meet the needs of tennis development

3. Increase the Construction of Tennis Court

The increase of tennis venues can provide more practice environment for students. Colleges and universities should increase funds to expand or build new venues. At the same time, they should build up tennis walls or set up fence nets, so that students can practice more in their spare time. There is a general shortage of funds in Colleges and universities. This can be achieved by applying for funds or financial allocation from the higher authorities, and by seeking economic assistance through school enterprise cooperation, so as to create a good practice environment for students.

3.1 Purchase High Quality Tennis Balls and Rackets and Replace them Regularly

Good sports equipment is the basis for students to learn sports, but also can enhance students' interest in learning. Therefore, schools should allocate funds to purchase sports equipment, strengthen the management and protection of these equipment, and regularly check and replace them. The protection of tennis and racket mainly depends on students. Teachers should supervise and remind students how to use racket correctly, so as not to affect other students' use. Students should also improve their consciousness, return their rackets and tennis balls in time, and maintain sports equipment from their own.

3.2 Reasonable Arrangement of Tennis Teaching Time

Physical education teachers should combine theory with practice. In class, they should not only let students practice, but also teach some related knowledge, guide students to know more about tennis and attract more students to learn it. The arrangement of theoretical and practical courses should be based on the characteristics of tennis learning. Tennis learning has many movements and

high skill difficulty, which requires more outdoor exercises to improve continuously. However, the theoretical knowledge of tennis can not be ignored. Therefore, as a physical education teacher, it is necessary to seriously consider the relationship between theoretical and practical courses and the appropriate proportion to ensure that students can better accept the learning content.

3.3 Play the Positive Role of School Associations

University Club is a school organization that students join voluntarily on the basis of their own interests. There are no grades or even departments in the club. As long as you are interested, you can join the club you like. Colleges and universities can widely publicize tennis through tennis clubs, so that more students can understand tennis and attract them to become tennis fans. The community can organize tennis matches, enhance the enthusiasm of students to participate in activities, at the same time, tennis matches can improve the influence of tennis in the whole school, which is conducive to building a good sports atmosphere.

4. Prospects for the Development of College Tennis

Tennis, as the second largest ball game in the world, has become one of the main ball games in many events in the world, and has a special influence in the world. With its unique charm, tennis has attracted the love of many young students in modern colleges and universities. Colleges and universities in China have gradually attached great importance to the construction of tennis facilities, improve the quality of racket, improve the venue standards, and strive to provide a good environment for students. In the modern campus life with the increasing pressure of college students, tennis has become a good choice for them to relieve the pressure and relax their body and mind. I believe that with the strong support of the school, the tennis games are favored by more young students and become a popular sport in Colleges and universities. The development of college tennis is in the ascendant, which will attract more students' choice in the future, and its development prospect is bright.

5. Conclusion

In the trend of tennis popularization, colleges and universities in China should take various measures to promote the development of tennis. As the gathering place of training talents, colleges and universities should not only attach importance to the teaching of science and culture, but also attach importance to the dissemination of sports spirit, and try their best to create a good environment for students to study and exercise.

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