Reflections on the Reform and Practice of Tennis Classroom Teaching in Colleges and Universities

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Abstract: Tennis is one of the most important sports sports in the world, but also the world level competitions of conventional projects, has received great attention in the international sports circles, as well as in our country. But must see, in college tennis in China to carry out the situation is not optimistic, although also set up a tennis teaching course, but far less than other ball games (such as football, volleyball, basketball and table tennis) impact strength. The main influencing factors can be attributed to the mode of inheritance, and popularity, play in sports, the role of foreign exchange and other relevant factors of classroom teaching mentoring. Therefore, in order to expand the space for development of the sport of tennis, to eliminate the adverse factors as far as possible, to overcome all difficulties, and actively carry out research, tennis teaching reform and practice to create conditions for improving tennis teaching environment,
In order to expand the influence rate of tennis, so as to achieve the desired goal.

Key words: colleges and universities; tennis classroom teaching; reform and practice; thinking

1. Introduction

Tennis as a world famous sports event, the development of our country is not as good as other ball games (volleyball, football, basketball and badminton), the reason may be related to our traditional sports culture. According to the survey, there are also similar problems in Colleges and universities in china. The reasons for the above phenomena are not only limited in the publicity of their effectiveness, but also the normal classroom teaching, compared with other popular projects, is still in a relatively backward
situation. In order to popularize tennis in China's colleges and universities, there is still a long way to go.

2. Problems existing in tennis classroom teaching in Colleges and Universities

The development of tennis, most of the content depends on the success of the tennis classroom teaching in Colleges and universities, through the survey of the current situation of tennis teaching in some colleges and universities, we can see that there are some problems in the teaching of tennis in Colleges and universities.

2.1 Teaching model

Comparison of college tennis teaching and other sports, in the same process, different places mainly in some of the details, such as the teaching mode is outdated and can not meet the needs of the development of modern society, although it is the details, but the effect of tennis teaching quality of classroom quality is not small. First of all, different sports teaching mode has its unique rules to follow, can not be unified. If the rote teaching mode in Volleyball classes used as tennis teaching mode, it is often difficult to gain the desired effect, after all, there are differences in the technical aspects of the. In tennis classroom teaching in reality, often there is no unique teaching mode in the classroom teaching practice, but also naturally reflects the effect of classroom teaching is not ideal, students' tennis passion will also be adversely affected, but also cause the ultimate tennis classroom teaching effect is not ideal.

2.2 Teaching inheritance

Physical education in Colleges and universities itself exists inheritance problems, but also different colleges and universities to form their own distinctive sports class project features of classroom teaching. For example: some schools pay attention to track and field, some schools pay attention to ball games, and some schools attach importance to national traditional sports events and so on. In short, the universities own teachers, venues and facilities based on the situation, thus forming a sports heritage project teaching schools has its own characteristics. According to the tradition sports items, it is not difficult to understand, most of college tennis project is not their own words, naturally on the tennis teaching caused obvious effect, the tennis project in one of the factors also affect the development of colleges and universities.

2.3 Popularity is not high

As is known to all, tennis in China is far less than the Chinese people are familiar with "table tennis, football, volleyball and basketball" and other traditional ball games in the minds of the Chinese people. Ultimately, the
fundamental factors, or a variety of media publicity caused by the lack of results. As long as careful observation is not difficult to find out whether the news media or modern streaming media, on the tennis project introduction and promotion activities, and the influence of the big ball compared to either the frequency or breadth to propaganda far, causing a lot of people about tennis sports knowledge. This is also one of the main reasons that affect the development of tennis in Colleges and universities.

2.4 Limited effect
The tennis sport in Colleges and universities, due to the impact of small, in the center of college students in the status of nature is not high, not only caused the penetration rate is not high in the results, also caused the students' tennis is not positive enough that the fundamental reason which leads to overall tennis itself Limited, the results must be engaged in tennis the ball is much less relative to its population. According to the relevant data, only 6% of the college students participate in the ball games. It can be seen that tennis plays a limited role in Colleges and universities.

2.5 Communication is not enough
In most universities, it is not difficult to find sports exchanges or exchanges is very limited, there are few college PE teachers exchange learning opportunities, so that the advanced experience of some developed western countries about tennis teaching and advanced teaching skills is difficult to be absorbed, teaching methods and skills of tennis teachers in Colleges and universities of our country also it is difficult to have a fundamental breakthrough in foreign advanced tennis teaching conception more difficult for teachers to use. Based on this, the national attention to the lack of tennis sports, resulting in the domestic tennis survival space is very limited.

2.6 There is no normalization in the old belt
The promotion of teachers' level needs to be promoted from all levels. Among them, the cultivation of young teachers is the most important part. Throughout the recent development of colleges and universities, the pressure is increasing. There is an invisible pressure on college teachers, which is not only due to the evaluation of professional titles, but also to improve the quality of their own classroom teaching. This leads to the appearance of new teachers in Colleges and universities, which can not be normalized. On the whole, it affects the quality of tennis teaching in Colleges and universities, but also affects the further popularity of tennis.

3. Coping strategies
Facing the fact that tennis has little influence in Colleges and universities, in order to change the current situation of tennis sports in Colleges and universities, it is necessary to actively find the coping strategies.
3.1 Develop a scientific teaching model

Tennis teaching in Colleges and universities as a whole, although the scale is limited, not mainstream, in the school did not get due attention. However, since it is necessary to open the course, no matter from that point of view, there is no reason not to do a good job in tennis classroom teaching. This requires that colleges and universities in the sports curriculum planning and design, it is necessary to bring the tennis curriculum into the undergraduate curriculum construction system, but also to be included in the undergraduate teaching personnel training program, included in the undergraduate curriculum series. Only in this way can tennis course enter the perspective of teaching management, and should be paid attention to, and enjoy the same treatment as other sports courses.

3.2 Strive to become a school heritage project

Although each university inherits the sports events, is affected by the school development history, often will form the unique sports events. According to the previous description, some universities pay attention to track and field, while other universities attach importance to ball games and so on. Schools have their own emphasis on school, which is the historical heritage of sports events. Although there is a possibility to change this situation, there will be many difficulties. However, for the development of tennis in Colleges and universities, tennis sports into the traditional sports in schools, will face greater difficulties, there is no difficulty in the world, only if you are willing to heart, only through joint efforts can be achieved. This requires colleges and universities engaged in tennis sports teachers dedication, in-depth study of tennis sports in the classroom teaching pattern, increase the relevant tennis sports related research efforts, to explore the methods and skills to attract students love tennis sports. Only through the joint efforts of tennis enthusiasts and school sports management, tennis sports will be possible to squeeze into the school heritage sports.

3.3 More ways to expand its influence

In fact, tennis is a valuable sport as well as other sports ball games. In the West.

Reference
