

Research on the Current Situation and Countermeasures of Tennis Development in Colleges and Universities of Xi'an

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ABSTRACT. *by using the methods of literature, questionnaire, mathematical statistics and interview, this paper investigates the current situation of tennis in Xi'an colleges and universities. The results show that the main factors that restrict the development of tennis in Xi'an colleges and universities are the lack of venues, the weakness of teachers, the lack of tennis classroom teaching hours, and the weakness of students' foundation, so as to speed up the construction of tennis venues The main countermeasures to speed up the development of tennis in Colleges and universities in Xi'an are to strengthen the training of tennis teachers and improve students' interest in learning tennis.*

KEYWORDS: *Colleges and universities in xi'an; Tennis; Current situation; Countermeasures*

1. Introduction

Tennis is called the second largest sport in the world. It is one of the most popular fitness sports that is gradually rising. It is understood that about 43 million people are engaged in tennis all over the world. Tennis has always been regarded as an elegant and civilized sport. The unique tennis culture makes tennis a civilized sport pursued by the modern public. Therefore, learning tennis is of great significance to us. The advantages of tennis are that it can not only strengthen the body, enhance the physique, consume extra heat, but also make the sportsman obtain great pleasure in spirit. Playing tennis can not only improve our physical fitness, but also cultivate our ability of unity and cooperation. Tennis competition is a sport that pays great attention to the spirit of unity and cooperation. For example, there should be tacit cooperation between coaches and players, team-mates and doubles partners. If you want to cooperate in the competition, you must always respect and encourage your partners, especially after mistakes and points lost, you must be brave to take responsibility. This spirit will greatly strengthen the collective cohesion and combat effectiveness, and play a positive role for us to enter the society. Tennis culture has a lifelong benefit. Tennis activities can be carried out between men and women aged 3-90, which are not affected by age and gender. Tennis culture is to cultivate people's honest and trustworthy excellent quality. Therefore, the unique culture of tennis, tennis is also known as the "gentleman" sport. Playing tennis can restrict and standardize our ideological and moral quality, and cultivate the sports and entertainment that are active, fashionable, elegant and beneficial to the body and mind. Tennis is just suitable for us. While developing tennis in Colleges and universities, it can not only make students exercise and play a role of leisure and entertainment, but also help to cultivate sentiment, students' gentlemanly demeanor and Lady temperament. No matter from the aspect of physical and mental development or hobbies other than learning, we like to improve the function of self-cultivation and taste.

Tianshui is located in the northwest of China, the technology and development level of tennis are lower than that of the more developed areas. In Xi'an colleges and universities to carry out tennis has a positive role far-reaching significance. Based on the school, lay the foundation for the popularization of tennis. With the promotion of national movement, the health of national movement has been promoted to the level of national strategy. In the school to carry out tennis for the national fitness activities to play a greater positive role. It has a positive role in promoting the cultivation of students' lifelong sports concept. It plays an important role in expanding students' knowledge. Tennis can also cultivate students' indomitable spirit and will. In this regard, the development of tennis in Colleges and universities in Xi'an is in line with the needs of modern sports education and college students as well as the development of comprehensive fitness.

2. Research Object and Method

2.1 Research Object

300 students were randomly selected from 10 secondary colleges, such as the school of civil engineering, the school of history and culture, the school of business, the school of mathematics and statistics and the school of foreign languages.

2.2 Research Methods

literature method. According to the purpose and content of the research, through the CNKI of the electronic reading room of the electronic libraries of Xi'an colleges and universities, search for "the development of tennis" and "the development of tennis in Colleges and universities", consult more than 10 papers on the development of tennis and the research of countermeasures, carefully read the papers, and provide theoretical basis for the writing of the papers.

Questionnaire survey. According to the purpose of the study, a questionnaire was designed, and its validity and reliability were tested. Randomly selected 300 students from 10 secondary schools in Xi'an, including civil engineering college, history and culture college, business school, School of mathematics and statistics and School of foreign languages. The distribution and recovery of the questionnaire are as follows: 300 questionnaires were distributed, 290 questionnaires were recovered, the proportion of which is 100%, among which 290 are valid questionnaires, the proportion of which is 96.7%.

2.2.1 Data Statistics. According to the Results of the Questionnaire, Excel 2003 Was Used to Make Mathematical Statistics on the Relevant Data Collected from the Survey and Analyze the Results.

Interview method. Visit some teachers and students in Xi'an colleges and universities to learn about the current situation of tennis development, and summarize the positive and negative factors that affect the development of tennis in Xi'an colleges and universities by sorting out and analyzing the conversation records.

3. Results and Analysis

3.1 Current Situation and Analysis of Tennis Teaching in Xi'an Universities

Investigation and analysis of current situation of Teachers. The quantity and quality of tennis teachers is the key to improve the quality of tennis teaching in Colleges and universities. The current situation of tennis teachers in Colleges and universities in Xi'an is not optimistic. According to the survey, there are 5 tennis teachers in Xi'an universities, with a gender ratio of 4:1, including 1 Professor, 2 associate professors and 1 lecturer. Among them, the professor takes the tennis elective group, 2 associate professors and 2 lecturers take the tennis class of the general department students. This shows that the tennis teachers in Colleges and universities in Xi'an are relatively weak, and the number of teachers with special selection group and public physical education course needs to be further increased, so as to adapt to the current trend of the development of tennis in China.

Investigation and analysis of teaching status. At present, the tennis classroom teaching in Xi'an colleges and universities is still in the stage of popularizing the basic knowledge of tennis and mastering the tennis technology preliminarily. No matter how hard the promotion is and how many hours the tennis technology is used, the arrangement of tennis courses is not perfect. At present, the number of tennis classroom teaching hours arranged by colleges and universities in Xi'an is relatively small. It will take a long time for students to change from the stage with weak tennis knowledge base to the stage where students master and complete all kinds of techniques and tactics of tennis, including the quality of teachers' teaching effect and students' interest in learning tennis. The development of tennis in China is relatively late. At present, most of the primary and secondary schools in China have no ability and energy to offer tennis courses. For the college students who just entered the University, there are many students who will be deeply attracted by the elegant attributes of tennis. However, because most of the students have weak Tennis Foundation, most of the beginners can not learn the essence of tennis knowledge in a short period of time. At the same time, due to the poor foundation of students, it will also bring great pressure to the tennis teachers' teaching. In the case of a small number of tennis classroom teaching hours, the general tennis content can only be given a simple lecture, unable to carry out a deeper explanation and analysis, resulting in students unable to acquire tennis knowledge and technology in a deeper level.

The arrangement of tennis class hours in Colleges and universities in Xi'an is relatively small. The students in the sports elective group only have 6 class hours per week, while the students in the general department only have 2 class hours per week. For the students, the class hours arranged by the school are relatively small, which is not conducive to the students' mastery and understanding of tennis technical and tactical knowledge. The key for students to master the technical and tactical knowledge depends on the practice of students in their spare time. It's not a problem for diligent students, but it's a big problem for students who like playing.

Before high school, there were almost no students who had contact with tennis, but only 19.6% in high school. Most of the students had contact with tennis during college. Therefore, students' Tennis Foundation is relatively weak.

Investigation and analysis of the current situation of curriculum arrangement. In terms of curriculum arrangement, there are students majoring in physical education and social physical education in the tennis elective group from level 09 to level 11, which provides a favorable guarantee for the school to cultivate professional tennis talents. However, when it comes to level 12, the tennis elective group is only open to students majoring in social sports, while students majoring in physical education can only choose three major balls (basketball, football and volleyball) as their major in ball games. This makes the physical education students who want to learn tennis can only be deterred, some can only choose one of the three balls as their professional courses for further study. Such professional settings are not conducive to the development of tennis. The graduates of physical education major are oriented to the work of social education, and they should be all-round teachers, so such professional setting is not conducive to the graduates of physical education major. In the aspect of major setting, it should serve all students, open to the majority of students, and let students who want to learn tennis have a definite aim. Only in this way can college tennis develop vigorously and adapt to the future development trend of tennis.

Investigation and analysis of school competition status. The school tennis competition is not only a powerful lever to review the effect of teachers' tennis teaching and training, but also an important means to popularize the basic knowledge of tennis and improve the skills of tennis. The results show that: since 2011, the colleges and universities in Xi'an have never held school level and above standard tennis competitions, which makes the students have little understanding of tennis, and ultimately leads to the students' less enthusiasm for learning tennis. The reason for this phenomenon is not only restricted by objective factors such as site and equipment, but also the lack of a perfect organizational leadership system. The school should improve the leadership system and competition of tennis, so as to improve the students' understanding of tennis and its good development prospects, and enhance their interest in learning tennis.

3.2 Analysis of Problems in Tennis Teaching in Xi'an Universities

Utilization rate of site facilities. At present, the main obstacle to the development of College Students' tennis is the facilities. The per capita area and utilization rate of tennis field affect the development speed and scale of Campus Tennis. According to the investigation of Xi'an's colleges and universities, at present, the construction materials of the school tennis court are paved with cement hard ground (1 piece) and plastic (4 pieces), etc.

At present, there are 17410 colleges and universities in Xi'an, with a total area of 3261.24m², accounting for 0.11m² per capita of the site area, while the per capita area of sports venues in China is 1.03m². The above data shows that at present, the per capita area of our school lags behind the per capita area of our country, and the idle time of school tennis field is relatively large, which makes a good resource not fully utilized, leading to the slow development of tennis in Xi'an colleges and universities.

School leaders and teachers. In recent years, in terms of the arrangement of group competition activities in Xi'an, the Ministry of sports has focused on the track and field games, basketball, volleyball, badminton and other sports with good popularity. Individual events such as tennis and martial arts are mainly sponsored by the school's individual sports association or individual sports club. Since 2011, the school has held an annual competition arrangement for track and field games, martial arts, basketball, badminton and volleyball, which has basically become the organizational law for the school to hold competition sports. For tennis, the school has not held a school level or above specifications of tennis. This makes the development of tennis popularization slow, and it will lag behind the social development trend in the future.

Students' own aspects. In Xi'an, 25.8% and 46.5% of the students expressed their preference and preference for tennis respectively, 22.4% of them expressed their general preference, and 5.1% of them expressed their indifference, which reflected that most of the students showed strong interest in playing tennis, while only a few of them showed no interest in it. Tennis, as a new sport in Colleges and universities in China, is being loved by the students of various colleges and universities.

Now is the network information age, the contemporary university student obtains the tennis information the channel is various. According to the survey results (as shown in Table 4), the main channels for obtaining tennis knowledge and information of Xi'an university students are: TV news, teachers and students, Internet, advertising, books, magazines, etc.

16.5% of the students get information from TV news, 28.2% from teachers and students, 34.5% from the Internet, 5.2% from advertisements, 12.1% from books and magazines. This shows that the society and the school have increased the publicity and promotion of tennis. The majority of college students have a strong desire for knowledge of tennis, which shows that college students love tennis very much and are being accepted by the majority of student groups and society.

4. Conclusions and Suggestions

4.1 Conclusion

Basketball, volleyball and football fields cover a relatively large area, and the tennis field per capita is relatively lack, which hinders the development of tennis. Tennis teachers are weak and can not adapt to the development trend of tennis.

There are relatively few students who prefer tennis in school tennis class, which can not meet the needs of some students for tennis class to some extent. The competition organized by the school is too few to reflect the students' tennis technical level. As well as the school leaders pay more attention to the direction of sports development, leading to the slow development of tennis.

4.2 Suggestions

Due to the relative lack of tennis court per capita and the ineffective use of tennis court, to a certain extent, it restricts the development of tennis in Colleges and universities in Xi'an. Therefore, it is necessary to speed up the per capita area of tennis court and popularize tennis so that the tennis court can be effectively used. Tennis teachers are relatively weak, the school should increase the construction of tennis teachers, strengthen the training of Tennis Professionals in physical education institutions.

The number of tennis classroom teaching hours is relatively small for some tennis student fans, and the popularity of tennis in the school is relatively small, resulting in students' interest and atmosphere in learning tennis is not very good. Therefore, the school should appropriately increase the tennis classroom teaching hours, and increase the popularity of tennis in the Campus Students tennis fans. Because the school has fewer tennis competitions, the students don't know the development of tennis. Therefore, the school should set up tennis association in the school, publicize tennis knowledge, let students know more about tennis knowledge.

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