

# On the Application of Layered Teaching in College Badminton Teaching

Guo Liangcai

Heilongjiang Bayi Agricultural University, Daqing Heilongjiang 163319, China

**ABSTRACT.** Badminton teaching is an important content of physical education in colleges. Because of its popularity, it is also popular with students. However, it also encountered some problems and deficiencies in the process of teaching, mainly due to the enthusiasm and the initiative of some students are not strong, and different students' goals are not the same. Therefore, continuous innovation of teaching models is required. This paper researched and discussed the application of layered teaching in college badminton teaching. Based on the analysis of the application value of layered teaching in college badminton teaching, this paper analyzed the existing constraints and put forward targeted applications and strategies.

**KEYWORDS:** College sports; Badminton teaching; Layered teaching method; Application strategies

## 1. Introduction

In the new era of continuous deepening of China's education reform, for college physical education, more attention should be paid to cultivating students' comprehensive quality. In particular, we must adhere to the "people-oriented" principle to enable students to develop in an all-round way. Badminton teaching, which is an important part of college physical education, although most students prefer it, because the students' sports foundations, hobbies, and sports directions are not the same, targeted teaching needs to be carried out according to the different situations of different students, which requires the use of layered teaching in college badminton teaching, and strives to improve the pertinence, characterization and effectiveness of badminton. However, at present, some physical education teachers still have some inadequate aspects in the badminton application, which needs to be paid attention to, to be improved seriously, to strive to make the layered teaching play a more active role in college badminton teaching.

## 2. The Value of Layered Teaching in Badminton Teaching in Colleges

The layered teaching mode is based on the different situations of different students, and adopts targeted and distinctive teaching to make teaching activities more consistent with the actual situation of students. The application of layered teaching in college badminton teaching has very important value, which is not only conducive to promoting the reform of badminton teaching, but also to promote the formation of students' sports literacy, and can better meet the individual needs of students. Hierarchical teaching can be targeted, characteristic, and oriented according to the different situations of different students. Because the cultivation of students' badminton awareness and ability is a gradual process, the improvement of each student's badminton ability will also be reflected in different period. Teachers could only find out the problems of each student in the process of learning badminton through classified guidance, which can make primary schools "less detours", and which has a strong role in promoting the reform of college badminton teaching. Hierarchical teaching can also enable students to carry out scientific design according to their own interests and learning goals. In particular, teachers can play a more effective role in education, guidance and service, so that the individual needs of students can be met, so it can be said to be implemented in badminton teaching. Hierarchical teaching can more effectively reflect the "student-oriented" teaching concept. At the same time, it can also cultivate students' interest in learning and guiding students to learn independently through hierarchical teaching, which can also effectively cultivate students' comprehensive quality.

## 3. Restrictive Factors of Application of Layered Teaching in College Badminton Teaching

Judging from the current overall situation of badminton teaching in colleges, although most teachers can carry out teaching activities in strict accordance with requirements and have achieved certain results, many

teachers have also practiced and explored hierarchical teaching to a certain extent. It has promoted the development of layered teaching, but there are still some constraints in the specific implementation process, which makes the layered teaching unable to achieve tangible results. Some teachers have the problem of lack of innovation in teaching concepts in the process of developing badminton teaching. They have not raised the scientific application, innovative application and effective application of layered teaching to the strategic level, and have not conducted in-depth research and discussion as a main line. Hierarchical teaching is subject to certain restrictions. For example, it does not focus on increasing the investigation and analysis of student learning and physical education. Therefore, the simplified approach is adopted in the process of developing hierarchical teaching, and it is simply divided into “good” and “bad” two levels. As there are relatively few levels, and it can not be effectively implemented. Some teachers have the problem that the focus of hierarchical teaching is not outstanding, and they do not pay attention to the analysis of the reasons for students' poor badminton awareness and ability. The lack of systematicness and effectiveness in the process of layered teaching makes the overall level of layered teaching not high and does not focus on cultivating the comprehensive quality of students. Some teachers do not pay attention to layering in the process of applying layered teaching and the construction of the teaching system has not effectively combined other teaching methods with layered teaching. The overall operation of hierarchical teaching mechanism is not in place, thereby restricting the effectiveness of the hierarchical teaching, teachers need to attract the attention of badminton.

#### **4. Strategies for Optimizing the Application of Layered Teaching in College Badminton Teaching**

First, the innovative badminton teaching concept

Idea is the precursor of action. In order to apply layered teaching more effectively in badminton teaching in colleges, we must work hard to innovate the concept of layered teaching in badminton. In particular, we must firmly establish the “people-oriented” teaching concept, focus on promoting the pertinence, characteristics, and effectiveness and pay more attention to starting from the actual situation of students to carry out hierarchical teaching. It is necessary to effectively increase the investigation and analysis of students' badminton basics and learning goals, to understand and grasp the development direction of students, and then to provide targeted guidance. For example, for students whose basic footwork is not in place, they should analyze the students' problems in stepping, striding, stepping, and stepping, and should provide targeted guidance. Innovating the concept of layered teaching of badminton, it is also important to train students' comprehensive quality, especially according to the actual situation of students, different students should adopt different teaching methods, and the promotion of student participation can be regarded as an important teaching. The mode enables students to participate in teaching design, especially guides students to design learning programs for themselves. Students can conduct targeted learning based on their weak links, and teachers can do a good job of guidance.

Second, highlighting the focus of layered badminton teaching

For the implementation of layered teaching in college badminton teaching, it is important to highlight the key points. Only in this way can the overall level of layered teaching be improved. In the specific implementation process, the students' understanding, cognition and mastery of badminton technology should be targeted and layered. At the same time, key teaching should be started from the students' hobbies. For students who are not interested in badminton, they should cultivate their learning interest through gamification teaching. For students with strong technical level and strong hobbies, they should work hard to cultivate their professional qualities. Only highlighting can make the hierarchical teaching achieve better results. Highlighting the focus of layered badminton teaching needs providing targeted education and guidance according to the actual situation of students. For example, for students with strong research ability, they can be guided to study the basics, characteristics, laws, interests, and directions of badminton. At the same time, you can also adopt the “advanced” and “backward” approach to improve students' badminton awareness and ability through effective interaction between students. In short, if the hierarchical teaching achieve effectiveness, the key point is to carry out targeted hierarchical teaching.

Third, improving the layered teaching system for badminton

A sound and perfect badminton layered teaching system has a strong guarantee for the effective development of layered teaching, which requires that in the process of applying layered teaching, PE teachers must continuously optimize and improve the layered teaching system so that it can be more standardized, sustainable and effective. More attention should be paid to the construction of a layered teaching method system. In the process of implementing layered teaching, many methods such as stimulating teaching, inquiry teaching, and interactive teaching are incorporated into it. For example, for academics who are not interested in learning, effective incentive training can be adopted. To improve the layered teaching system of badminton, we must

pay more attention to the effective integration of basic footwork teaching, technical and tactical teaching, technical teaching, and physical fitness teaching, especially training according to the weak links of students, such as the students who lack of “jump-killing skills” can be guided students to work forward and backward, left and right, high leg runs, frog jumps, bouncing, etc., so that students' “jump-killing skills” can be continuously improved, which can be integrated into technical tactics.

In summary, if we want to promote the reform and innovation of badminton teaching in colleges, it is essential to use scientific teaching methods to make badminton teaching more targeted, characteristic and effective, which requires teachers to deeply understand the application value of layered teaching in college badminton teaching, especially to adhere to the problem-oriented, and to focus on solving the constraints of the application of layered teaching in college badminton teaching. Using systematic thinking and innovative ideas and actively exploring the effective implementation of layered teaching of badminton to maximize the effectiveness of badminton teaching. In the specific implementation process, in addition to having a clear understanding and understanding of the application value of layered teaching, it is also necessary to play a role in the subjective initiative of teachers, to vigorously promote the systematic application of layered teaching, and to focus on innovative badminton layered teaching. Breakthroughs have been made in ideas, highlighting the focus of badminton layered teaching, and improving the badminton layered teaching system to maximize the effectiveness of badminton teaching.

### References

- [1] Yan Kai, Zhu Jianwen (2018). Analysis of high level badminton training and teaching research. Education and teaching forum, no.37, pp.190-191.
- [2] Li Hao (2018). Methods to effectively improve badminton teaching level. Journal of sports science and technology, vol.26, no.9, pp. 89-91.
- [3] Wu Wei (2017). Research on the application of stratified teaching in Badminton Teaching. Sports world (Academic Edition), no.1, pp.91- 92.