

Practical Application of Badminton Club Teaching Model in Higher Vocational Colleges

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ABSTRACT. *Badminton teaching in higher vocational colleges should focus on cultivating students' lifelong sports consciousness, rather than simply giving theoretical guidance to students, so as to reflect the promotion of badminton sports teaching to students' physical and mental development. Of course, the professional settings of badminton teaching in higher vocational colleges should take into account the development of other majors, on the basis of ensuring that students' professional skills are cultivated, and then through badminton to achieve the purpose of promoting students' physical and mental development. However, from a practical point of view, it is difficult to balance the relationship between them in badminton teaching in many higher vocational colleges. In addition, the unreasonable teaching mode and other factors affect the development of badminton teaching in Higher Vocational colleges.*

KEYWORDS: *Higher vocational colleges; Badminton; Club teaching mode*

1. Introduction

In recent years, badminton teaching in higher vocational colleges has been influenced by traditional teaching mode, which can not meet the needs of students' physical and mental development, but also affect students' interest in learning badminton. With the increasing awareness of people' s health, badminton has become a favorite sport for more and more students. Therefore, higher vocational

colleges should attach importance to badminton teaching, carry out effective teaching reform combined with students' physical and mental development, and truly break away from the shackles of traditional teaching mode^[1]. The following is mainly about the teaching mode of badminton club in Higher Vocational colleges. The specific research is as follows.

2. Analysis of the Current Situation of Badminton Teaching in Higher Vocational Colleges

Many vocational colleges carry out badminton teaching. Badminton, as an important sport, has great advantages in cultivating students' sports spirit and promoting students' physical and mental health. But at present, there are many shortcomings in badminton teaching in some higher vocational colleges. For example, the teaching mode is slightly dull, too much attention is paid to the theoretical teaching of badminton, students lack the opportunity of practical operation, in addition, they will also be affected by the lack of venues, equipment and other factors, which makes it impossible for the badminton teaching in Higher Vocational Colleges to carry out extracurricular practical teaching. One of the main reasons why students in many higher vocational colleges are not familiar with badminton sports and are not interested in it^[2].

3. Analysis on the Application Strategies of Badminton Club Teaching Mode in Higher Vocational Colleges

3.1 Teaching thought

Badminton in higher vocational colleges plays an important role in promoting students' physical and mental health. Therefore, we should attach importance to badminton teaching. Under the application of club teaching mode, although it can improve the teaching effect of badminton in Vocational colleges, it is necessary to clarify teaching ideas before the application of teaching mode in order to effectively improve the teaching efficiency of badminton in Vocational colleges. Teachers should focus on each student's interest in learning, and in order to promote the overall development of students as the main teaching idea, the implementation of

club teaching mode for students^[3]. In addition, under the implementation of the club teaching model, teachers should focus on students' learning emotions, and under the implementation of the teaching model, pay attention to students' learning subjectivity, fully mobilize students' enthusiasm and initiative in badminton learning, at the same time, pay attention to students' personality formation and physical and mental harmonious development, in order to meet the growth needs of students. In addition, the guiding ideology of the application of club teaching mode should follow the criterion of "Decision on Deepening Educational Reform and Promoting Quality Education in an All-round Way", especially under the guidance of lifelong education thought, it should fully reflect the sports skills of rest, fitness and play in club teaching mode, so as to further develop students' lifelong sports consciousness and cultivate students' learning sports. Interest makes students realize the importance of physical exercise^[4].

3.2 Course arrangement

Through the study of some teaching cases, it is found that although the application of club teaching mode plays a great role in cultivating students' lifelong sports consciousness and mobilizing their enthusiasm for learning sports. But in the process of application, there are also some problems, especially in the arrangement of courses, which can not be combined with the actual learning situation of vocational college students to arrange courses, thus affecting the overall learning efficiency of students. In the application of Badminton Club Model in Higher Vocational colleges, we should arrange courses reasonably according to students' actual learning situation^[5]. For example, we can set up two extra-curricular activities a week to participate in club activities, and each course schedule should not be too long. The author suggests that 90 minutes should be set for each time, while the period of club participation is one semester, through one semester of extra-curricular activities to participate in club activities, to a large extent, students' enthusiasm for learning can be mobilized, but also can be cultivated. To cultivate students' lifelong sports consciousness will not delay the development of other disciplines^[6].

3.3 Setting up the Teaching Content of Club Course

The application of Badminton Club Teaching Mode in higher vocational colleges needs to set up teaching content according to the actual teaching situation of badminton in Higher Vocational colleges. Usually, the basic skills of badminton, competition items, referee links and other aspects are the main aspects. First is the basic technical training of badminton, which mainly includes serving, backhand hitting, backhand hitting, backhand hitting, backhand hitting, backhand flat drawing, backhand picking, swinging arm racket, inner spin hitting, forehand flat volley, forehand picking, forehand lofty ball and other related basic skills. Before each basic technical training, teachers should conduct coherence drills and decomposition drills to ensure that students are familiar with each basic skill. The action of this technique also lays a foundation for students' connection. In addition, in the process of students' practice, teachers should also pay close attention to the students' practice situation. Once problems are found, they should correct them in time to avoid action deviation affecting the effect of students' training. Compared with the latter two teaching contents, the basic technical connection is slightly dull, but only by practicing basic skills can students' badminton skills be improved steadily^[7]. Secondly, the competition items, mainly the club badminton courts and related facilities, and establish a competition between students again. Through grouping or single training, students can be guided to participate actively. On the one hand, we can learn from the training how the opponent copes with the ball they send out and observe the opponent's advantages in learning their own, and constantly mention it. Raise your badminton level. Club teaching mode carries out competition projects. Under the attraction of competition projects, students will also actively participate in badminton competitions, fully mobilize students' enthusiasm for learning, their enthusiasm for participating in competitions and watching others' competitions can enable students to learn a lot of knowledge. Thirdly, it is the referee link. In this link, students are better acquainted with the rules of badminton, and the theory of the rules of badminton is linked with the practice of competition, so as to deepen students' understanding of badminton^[8].

4. Summary

Generally speaking, badminton teaching in higher vocational colleges has received little attention in the past, but as more and more students love badminton,

and the traditional teaching mode of badminton in higher vocational colleges can not meet the needs of students, the reform of teaching mode is imperative. The club teaching mode mentioned above is a new teaching mode, which has better application effect in badminton teaching in Higher Vocational colleges. It mainly applies in teaching ideas, curriculum arrangement, teaching content and other aspects. It is also hoped that through the analysis of this paper, the club teaching mode can be better promoted in badminton teaching in Higher Vocational colleges. Use.

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