

Current Situation and Countermeasures of Public Elective Tennis Course Teaching in Colleges and Universities

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ABSTRACT. *Based on the specific reference to the development of tennis at home and abroad, this article reasonably analyzes the significance of colleges and universities offering tennis public elective courses, and then explains the current situation of college tennis public elective courses and conducts an in-depth analysis of the problems, and finally proposes the optimization path of public elective courses. Colleges and universities can strengthen the construction of tennis infrastructure and capital investment, and introduce modern information technology into the tennis courses. In this way, we will continue to promote the perfection of college tennis public elective courses and realize the further popularization and promotion of tennis courses.*

KEYWORDS: *Tennis, Public elective courses, Infrastructure, Information technology*

1. Introduction

With the development of national fitness exercises and the increasing emphasis on physical education in colleges and universities, tennis as a teaching course has been widely developed in colleges and universities. This course not only provides a powerful platform for teacher-student exchanges and national fitness, but also provides a platform for colleges and universities students to expand their own leisure and entertainment activities with a variety of options. At the same time, tennis has exposed a series of problems in the course of teaching. This article explores the problems and proposes appropriate solutions.

2. The Significance of Setting Up Tennis Public Elective Courses in Colleges and Universities

2.1 To Strengthen Students' Basic Knowledge of Tennis

Tennis is a leisure sport with strong technicality, strong antagonism and fitness

effect. The opening of this course in colleges and universities is conducive to strengthening students' interest in tennis, allowing students to develop their own perception of tennis on the basis of the technical skills of tennis dribbling, pinball and batting, and find the easiest, quickly, and the most direct way of tennis serve and dribble. Thus, it helps to master the perfect tennis skills step by step, so as to enjoy tennis. Tennis, as a net-separated sport, can greatly reduce accidental injuries caused by physical friction between players. Tennis can properly display the combination of artistic beauty and power beauty through the coordination of athletes' elbows and wrists, which can effectively promote students' understanding and mastery of tennis etiquette and continuously improve their own quality.

2.2 To Promote the Construction of a Harmonious Campus Culture in Colleges and Universities

Since China advocated the “National Fitness” campaign, physical education courses have received increasing attention from the education sector. Tennis public elective course, as an important part of college physical education curriculum, is not only an important way to train students to accelerate the formation of athletic ability, but also an important way to accelerate the promotion of lifelong sports in my country. The opening of the tennis public elective course is helpful to cultivate students' self-study ability, is a basic need for colleges and universities to actively comply with the reform of physical education, is conducive to meeting students' fitness needs, and is also conducive to the fundamental improvement of teaching quality.^[1] The opening of tennis courses in universities is also an important way to build a harmonious and healthy campus culture.

2.3 To Highlight the Charm and Value of Tennis

Tennis has a history of hundreds of years. Because of its unique noble and elegant temperament, it has gradually been included in the ranks of gentleman sports. It has become the second most popular sport in many countries after football. In tennis, athletes can compete with almost no physical contact, which comprehensively reflects the fun, sporty and entertaining nature of the sport. The reason why tennis can be passed down from generation to generation and endurance is due to the profound cultural heritage contained in it. The core content of tennis can be summarized as “respect”, that is, mutual respect between contestants, and respect for the rules of the game, etc. This is the manifestation of the unique charm of tennis.

3. The Current Situation and Problems of the Development of College Tennis Public Elective Courses

3.1 Problems in the Teaching of Public Tennis Courses

In the teaching of college tennis courses, the explanation of theoretical knowledge can promote students to better learn tennis and deepen their understanding of basic tennis knowledge. However, the setting of college tennis courses has the situation of imbalance between theoretical and practical courses, which causes students not only to learn tennis. The lack of a correct understanding of theoretical expertise and tennis culture also affects students' consciousness and initiative in learning tennis. At the same time, the tennis course is a sports course with strong skills and practicality. The teaching level of PE teachers is an important factor affecting the quality of teaching. Compared with sports such as basketball and football, tennis is more professional, which also leads to a large shortage of tennis teachers and a reduction in the teaching team. In addition, in the teaching process of tennis public elective courses, tennis teachers also ignore the individualization and differentiation of students, leading to significant differences in students' learning effects, which is also an important reason for the decline of students' learning enthusiasm.

3.2 Tennis Teaching Conditions in Colleges and Universities Need to Be Improved

Physical education courses in colleges and universities include not only classroom learning, but also various extracurricular practical activities. Tennis public elective courses that are only once or twice a week cannot effectively meet the needs of college students for tennis learning and training. Therefore, in order to ensure the teaching quality of students' tennis courses, colleges and universities need to create conditions to ensure the development of students' practical activities after class. However, due to the limitation of the technical level of some colleges and universities, coupled with the lack of clear goals and professional teachers' guidance, the tennis teaching atmosphere in colleges and universities is poor, and there are fewer extracurricular activities. At the same time, tennis sports have high requirements for venues and facilities. There must be enough sports venues for public tennis courses and extracurricular tennis activities to ensure the development of tennis activities. Nowadays, many colleges and universities do not have enough tennis courts, so the restrictions on tennis courts are even greater difficulty in achieving the teaching goals. Compared with sports activities such as basketball and football, the weakness of tennis teaching conditions has largely affected the achievement of tennis teaching in colleges and universities.

4. Research on the Optimal Path of Tennis Teaching in Colleges and Universities

4.1 To Strengthen the Construction and Capital Investment of Tennis Sports Infrastructure

The construction of tennis infrastructure is a prerequisite to ensure that college tennis achieves good teaching results. Therefore, colleges and universities should actively increase funding for sports activities, especially tennis courses. They should further expand the construction area of tennis courts to provide college students with good tennis teaching environment; strengthen the purchase of tennis facilities and equipment, such as strengthening resource reserves for commonly used tennis walls, tennis balls, tennis rackets and other equipment, and increasing efforts to improve the college physical education environment through the introduction of tennis equipment. It can provide rich and varied options for students' after-school exercises and teachers' classroom teaching. In addition, in the after-school learning stage of tennis, colleges and universities can also allocate part of the funds for the construction of tennis clubs, which is an important way to promote students' learning effectiveness. The club can regularly organize students to participate in tennis competitions, conduct tennis propaganda, or organize tennis training to provide effective guidance for the entire tennis learning process of students, thereby promoting the development of tennis on a large scale in colleges and universities.

4.2 To Introduce Modern Information Technology into College Tennis Courses

The tennis public elective course is a relatively practical physical education course. The course is mainly conducted in windless and sunny weather. High temperature, rain and snow will cause the tennis practice course to not be carried out normally. At this time, the use of information technology can effectively avoid the dilemma that the tennis course cannot be carried out normally. For example, the flipped classroom can be used to carry out tennis teaching. It will not only help students to form the basic theory of tennis, but also improve students' understanding and participation enthusiasm of tennis. The basic process of flipped class teaching of tennis course is that teachers use micro-course videos to load tennis sports knowledge, tennis referee knowledge and other knowledge, and students learn the basic rules of tennis competitions by watching professional tennis knowledge content explanations and tennis open matches online. These ways can form a basic cognition of tennis professional knowledge, to solve the difficult knowledge points encountered in tennis course learning. In this way, students can effectively improve their serving skills and dribbling skills by closely combining theory and practice, and promote their own ability to train themselves.^[3]

5. Conclusion

To sum up, the tennis public elective course regards the cultivation of students'

creativity and consciousness as the first element of the physical education curriculum, and actively constructs a teaching system that helps students' self-learning and self-development. It is an effort to enhance students' humanistic spirit and implement them thoroughly. Therefore, tennis teachers should respect the general laws of sports teaching, continuously optimize teaching programs, improve teaching facilities, and use modern teaching methods to enhance students' basic cognition of tennis, and promote the overall education effectiveness of colleges and universities.

References

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