

Current Situation and Analysis of Badminton Development in Jiangxi University of Science and Technology

ZiMeng Liu*, Lin Luo

Jiangxi normal university, No. 99, Ziyang Avenue, Nanchang County, Nanchang, Jiangxi, China,

*Corresponding Author :514635081@qq.com

ABSTRACT. Badminton is a safe, fun, simple and very conducive to physical and mental health of the sports, sports time flexible and free, suitable for different ages, different genders, different levels of people to exercise. In recent years, badminton has been favored by many students in colleges and universities. The school has opened badminton courses in physical education, and listed badminton as the main item of mass exercise in the school. However, there are still some problems in carrying out extracurricular badminton activities. Therefore, this paper investigates and analyzes the current situation of the development of badminton among students in Jiangxi University of Science and Technology, finds out the shortcomings and puts forward the corresponding countermeasures, aiming at promoting the vigorous development of badminton, promoting the construction of campus sports culture, improving the comprehensive quality of students and promoting the comprehensive development of students.

KEYWORDS: Badminton; Jiangxi University of Science and Technology; current situation; analyze; countermeasures.

1. Topic basis and research significance

More than two thousand years ago, a sport similar to badminton was invented in China, India and other places. It is called shuttlecock in China, pune in India, and shuttlecock cricket in Europe and America. In the late 1860s, some British soldiers brought back games they had learned in India as a way to relax outdoors after meals and leisure time.

Fitness for the whole society is an important way and means to achieve national health, and a basic guarantee for all people to improve health and a happy life. This plan is formulated in order to implement the national strategy of national fitness and improve the physical quality and health of the whole nation. For the badminton sports of students in Jiangxi University of Science and Technology studied in this subject, the purpose is to promote the vigorous development of badminton

sports, improve the comprehensive quality of students, promote the comprehensive development of students, and then promote the rapid development of campus sports culture construction.

2. Investigation on the situation of college students participating in badminton

2.1 College students' attitude towards participating in badminton

As can be seen from Table 2, the most popular sports items for boys are basketball, and badminton takes the second place, showing that boys maintain a positive attitude towards badminton. As can be seen from Table 2, the number of girls who often participate in badminton sports accounts for about 50% of the total. In particular, it can be seen that the badminton sport is suitable for various groups of people to exercise, while girls are more inclined to choose badminton for sports work out. This shows that badminton is very popular among college students.

Table 1. Sports programs often attended by male students in our school

Sports program	basketball	Football	badminton	table tennis	tennis	jogging	volleyball	Aerobics	other
Number of people	437	109	291	54	26	136	10	13	36
Percentage(%)	39.3	9.8	26.2	4.9	2.3	12.2	0.9	1.2	3.2

Table 2. Sports programs often attended by female students in our school

Sports program	basketball	Football	badminton	table tennis	tennis	jogging	volleyball	Aerobics	other
Number of people	17	0	145	15	4	76	0	23	12
Percentage(%)	5.9	0	49.6	5.2	1.3	25.9	0	8.1	4

2.2 Frequency of college students participating in badminton

The number of students who participated in 1-3 badminton activities per week was 39.5%, while the number of people who played badminton at a fixed time per week accounted for 28.7%, and 8.5% of those who participated in more than 4 badminton games per week. The data shows that the frequency of students participating in badminton is generally higher than once a week. Students' enthusiasm for badminton is relatively high. This reflects to some extent the enthusiasm of students and the effect of exercise on the body's recharge and motivation.

2.3 College students participate in the sports venue of badminton

There is an independent gymnasium in the West Campus, with 12 independent gyms, which students can use free of charge. There are two indoor badminton halls in the headquarters, one is the old gymnasium and the other is the newly built

inflatable gymnasium, but all are charged. In the Golden Campus, there is a relatively wide Baidu badminton hall, and the environmental facilities are also particularly advantageous.

2.4 Time period for college students to participate in badminton

The time period for college students to conduct badminton is mainly concentrated in the afternoon, with a ratio of 54%. This is related to the schedule of physical education in our school. The public class is usually arranged in the afternoon. After the physical education class, the vacancy of the venue and the free time of the students in the afternoon are more than the morning. the reason. After a day of study, students participate in badminton sports, which can relieve mental fatigue, improve their learning efficiency, and improve their physical fitness.

Table 3 : Time period for college students to participate in badminton

Period	Morning	Noon	Afternoon	Evening
Number of people	122	60	758	464
Percentage(%)	8.7	4.3	54	33

2.5 The duration and intensity of exercise for college students participating in badminton

Most male students in our school participate in badminton activities for 60-90 minutes, while female students are in 30-60 minutes. Due to the difference in physical quality between girls and boys, the duration is different. Most students who participate in badminton last for more than 30 minutes. In terms of exercise intensity, most of the students participating in badminton in our school are in a state of less intense exercise.

2.6 Motivation of college students participating in badminton

The top two motivations for boys to participate in badminton are to keep fit and improve their skills. The top two girls are rich in amateur life and relaxed. The way girls choose to relieve stress is more through exercise. I am relaxed physically and mentally.

2.7 College students' investment in badminton

When students purchase badminton clothing, the funds are mainly concentrated between 100 yuan and 300 yuan and 300 yuan or more. This shows that students choose higher quality and high quality in the aspect of clothing. Related equipment

plays a very important role in badminton sports. In terms of equipment investment, most students choose between 300 and 100 and less than 100, accounting for about 45%. Badminton sports equipment plays a protective role for the exercisers. Good quality equipment is a guarantee for their own sports. Students need to pay more attention to quality when choosing badminton equipment.

3.The current situation of school badminton

3.1 School sports facilities and equipment use

Through the field survey of the three campuses, the West Campus has an independent arena with 12 independent glues, which can be used free of charge by students; there are two indoor badminton halls in the headquarters, one is the old gymnasium, the other is the old stadium. The newly built Inflatable Gymnasium, but all have to be used for a fee; and in the Golden Campus, there is a relatively spacious Baidu Badminton Hall, and the environmental facilities are also particularly advantageous. However, the outdoor badminton venue facilities on the three campuses are relatively seriously inadequate.

3.2 Course setting for college students in badminton

Through field surveys of three campuses, it was learned that all three campuses have badminton courses as elective courses or compulsory physical education courses. Compared with other majors, the sports major not only has badminton compulsory courses, but also badminton special classes for two years. It is also investigated that the non-sports majors of Jiangxi University of Technology from freshman to junior year will open badminton elective courses every year.

In general, the school has a relatively complete set of badminton courses, and there are many courses. Each major has the opportunity to choose badminton elective courses, which plays an important role in promoting the development of badminton.

3.3 School teacher team construction

Through the field investigation method, statistics and investigations were conducted on the existing badminton teachers in the school. There were 4 professional badminton teachers in the three campuses, and there were 5 substitute teachers of sports majors to perform badminton class substitutes, including professional badminton teachers. One person is undergraduate, one substitute teacher transfers one badminton, and the other four are badminton specials. The shortage of teachers in badminton professional teachers is difficult to meet the basic needs of students for badminton education at this stage, nor can they ensure the

teaching quality and training effect of badminton. This is an increase in the interest in training students and the enthusiasm of exercise. It is especially disadvantageous.

3.4 College badminton competition

Through a survey of three campuses, it was found that badminton associations were established in all three campuses, and the number of badminton associations in each campus reached more than 50. The school associations of the three campuses will organize competitions. The school has only two large-scale competitions in the past ten years, and it is intermittently carried out. Although the number of students who like and participate in the students is many, but the promotion is not in place, the scale effect and frequency are not ideal. . The school badminton team, where there are college games or provincial games in the province, will team up to participate in the competition, and each time they fight hard to strive for the best results. In general, there are very few badminton games in the school, which can not allow students to enjoy the game, nor can the number of matches be balanced every year.

4 Conclusions and recommendations

4.1 Conclusion

4.1.1 The development of badminton sports in our school is relatively good, which is in line with the requirements of the reform and development of public physical education in modern universities. It meets the psychological and physiological needs of college students and is especially beneficial to the formation of students' lifelong sports concepts. Our college students also have a good understanding of badminton and have a clear motivation to participate.

4.1.2 The activities of our students in badminton are basically reasonable. The boys are maintained at 60-90 minutes, while the majority of girls are maintained at 30-60 minutes. However, many students do not have enough control over exercise intensity, and they are only limited to small-intensity exercise, which will directly lead to a significant reduction in exercise performance.

4.1.3 With the full implementation of the social fitness program, people gradually develop the physical exercise habits of lifelong fitness, and the students' fitness awareness is gradually improving.

4.1.4 Basketball, football, volleyball and track and field competitions are more organized sports events in schools. On the contrary, some small ball sports such as badminton are not so much valued. In addition, in teaching, the number of teachers in the faculty is too rare, and some students are substituting students for badminton specialties in sports majors. This phenomenon is difficult to meet the needs of students for badminton education, and it is difficult to guarantee badminton. The

quality of teaching and training of sports is particularly detrimental to the development of students' interest in sports and the growth of athletic activity.

4.2 Suggest

4.2.1 First and foremost, the school is currently facing the enthusiasm of the students of the badminton program and the school's cold situation, we must seriously and practically reverse this situation. In particular, school leaders should recognize the importance of the development and popularization of badminton programs from the perspective of cultivating comprehensive quality students.

4.2.2 On the one hand, it is necessary to comprehensively and scientifically re-plan the construction of badminton venues and rebuild badminton facilities. The school infrastructure is being built continuously, and sports venues should be planned scientifically and rationally. Some outdoor badminton venues need to be added for daily exercise. On the other hand, schools should work harder to gradually increase the utilization rate of badminton venues. In the form of changing a variety of ways, the use of fee-based teaching methods to better form a virtuous circle of long-term movement and maintain sustained vitality, to achieve the purpose of the museum.

4.2.3 It is recommended to increase the badminton special course for public students, and combine with morning exercises and outdoor activities. Occasionally, various forms of badminton competitions should be held. Schools must improve the enthusiasm of physical education teachers through different useful ways. At the same time, they should teach better exercise methods, encourage them to participate in extracurricular activities, and reasonably arrange students' exercise frequency and exercise intensity. Through the school association, establish and improve the scientific badminton competition system, and organize more continuous badminton competitions.

4.2.4 For the training of badminton teachers, the provincial education department, the municipal sports management center and the school itself should jointly strengthen the quality of the badminton team, establish several teams of qualified badminton coaches, and invite experienced coaches. To teach, students can improve their technical skills and expertise by holding various short-term training courses.

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