

# In-Depth Study of Wheelchair Tennis Teaching for the Disabled from the Perspective of Happy Sports

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**ABSTRACT.** *it is of practical significance to discuss wheelchair tennis from the perspective of happy physical education to improve the effect of physical education in special education, to popularize wheelchair tennis education, to analyze the shortcomings of wheelchair tennis teaching at the present stage, to explore feasible teaching methods of happy wheelchair tennis, and to put forward suggestions.*

**KEYWORDS:** *Special education, Happy sports, Wheelchair tennis, Teaching methods*

## 1. Introduction

Special education is the essential requirement to realize education equity and social justice, and it is an important measure to measure the level of education and civilization. Disabled people are the vulnerable groups of society, which need more attention and care. Through participating in sports activities actively in special education schools, disabled people can compensate for their lack of physical function, improve their physical and mental health, help to increase their confidence and courage in life, and better adapt to society[2].

### 1.1 Single Content of Special Physical Education

At present, the physical education in special schools tends to be general, lacking the particularity of physical education in special schools[3]. Physical education teachers choose track and field, ball games and so on as the teaching content, few wheelchair tennis teaching for the disabled.

### 1.2 Lack of Wheelchair Tennis Teachers

China's wheelchair tennis started in 1993, 17 years later than the United States. From the fifth Paralympic Games in 2000 to the eighth Paralympic Games in 2011, there were only 11 teams participating in wheelchair tennis in 11 years, and the number of athletes increased only from 20 to 39, with little increase. This group of data can show that the mass base of wheelchair tennis in China is weak, and the development is mixed, compared with the United States, Japan and other developed countries, the gap is still large[9].

### 1.3 The Innovation of Wheelchair Tennis Teaching Method is Not Enough

Few scholars have discussed the teaching methods of wheelchair tennis. Generally speaking, the teaching methods of wheelchair tennis are also from the tennis teaching methods. There are three common teaching methods of modern physical education: inquiry teaching method, cooperative teaching method and independent teaching method[10].

## 2. Research Objects and Methods

### 2.1 Research Object

In special schools, students with permanent motor disability diagnosed by medicine, quadriplegia and lower extremity disability in different degrees, who need wheelchair assisted action, and at different ages.

## **2.2 Research Methods**

1) Literature sorting method, and through the school library, network and other ways to search, understand the relevant happy sports teaching method, wheelchair tennis teaching research materials. The teaching method of wheelchair tennis is summarized.

2) Case Teaching Method, through the Combination of Theoretical Analysis and Practical Teaching, Verifies the Application of Happy Sports Teaching Method in Wheelchair Tennis Teaching.

## **3. Research Overview**

### **3.1 Connotation and Characteristics of Happy Physical Education Teaching Thought**

The research of happy physical education teaching thought is an objective and inevitable demand of current physical education development[5]. How to better implement“Happy Sports”classroom teaching in wheelchair tennis is a very significant topic. It has practical significance for improving the effect of physical education in special education and popularizing wheelchair tennis education.

1) Connotation of Happy Physical Education Teaching. According to Japanese scholars, happy teaching is a kind of sports that attaches importance to the unique fun everyone has for different sports and can happily engage in sports learning. It is emphasized that in modern physical education, the happy learning mood should be permeated in all kinds of physical exercises to cultivate the sense of happiness and joy of disabled wheelchair tennis players in learning sports, so as to achieve the multiple purposes of making disabled wheelchair tennis players love sports, consciously learn sports, fully develop personality, and form a positive, optimistic and upward life attitude.

2) Characteristics of happy sports. “Happy Sports”bases sports learning on the combination of self desire and social responsibility. Its internal fun and rich emotion are regarded as the content and goal of learning[4]. Disabled wheelchair tennis players can adjust their learning and practice behavior with strong interest and lasting willpower;and disabled wheelchair tennis players'personality is respected, and can develop fully in time, maintain good mood in the whole learning activity, and can continuously obtain happy sports experience and happy successful experience.

### **3.2 Wheelchair Tennis is an Important Carrier of Happy Physical Education**

Tennis is one of the most popular sports in the world. It has always been called “aristocratic movement”as one of the life styles that people advocate in modern society.

Brad parks, a former skier, was paralyzed in an accident. He played wheelchair basketball during his recovery, but the effect was not good. He and his father began to innovate, invented wheelchair tennis, a new form of sports, and introduced it to his entertainment therapist Jeff minneblack. And the encounter was analogized: “just as John Lennon met Paul McCartney or Steve Jobs's partner, Steve Wozniak-the spark between them changed the game forever.”Since Minnie black was injured in a car accident, he has invented a lighter chair. Unexpectedly, the invention fits perfectly into wheelchair tennis.

1) The mobility of wheelchair tennis makes the body healthy. Wheelchair tennis is a typical net separation competition. On the one hand, the characteristics of sports equipment and environment, such as the use of heavier rackets, large venues, changes in the ball landing point, etc. , have higher requirements on the physical level of tennis players, which is a very active sports event. On the other hand, because the rhythm of tennis is slow and can be controlled, tennis is a kind of fitness exercise which mainly uses aerobic energy supply. From the material source of happiness, sports, including tennis, can make the human body produce a chemical called $\beta$ -aminophenol, which is of great significance for regulating emotion and pain perception, and is the material basis of happiness[7]. It is undoubtedly one of the happiest experiences in life for the disabled to put aside their trivial daily life and put themselves into the relaxing and selfless outdoor sports, especially playing tennis with infinite charm.

2) The playfulness of wheelchair tennis makes the players happy. Games are activities that allow people to participate freely and get satisfaction from them. Work pursues results and gains, and game pursues happiness in the process. Therefore, game is the most fundamental entertainment activity. The value of the game is diverse and huge, but the entertainment of the game is self-evident. The game is the most important way of life pleasure experience, to some extent, the value of human life. As a representative of games and sports games, tennis(that is,

tennis and people are completely integrated into a whole, and the state of “things I forget” is undoubtedly one of the most wonderful experiences in life [8]. Tennis is both magical and ordinary. Tennis is usually just a kind of sports game. But it is precisely because tennis, as the essence of the game, determines that it contains infinite elements of happiness.

3) The aesthetic quality of wheelchair tennis can purify the mind of the players. Wheelchair tennis is an aesthetic sport. On the one hand, its form is very beautiful. The long history of tennis has accumulated rich tennis culture. The well-designed high-tech tennis equipment makes you unable to control the passion of sports; the tennis player's strength and beauty compete to purify the viewer's mind; the body-building posture of the tennis player makes you full of infinite imagination of Tennis. Undoubtedly, the beauty and elegance of tennis contain the seeds of happiness. On the other hand, tennis is also very beautiful. Tennis is a sport that requires the use of all human qualities and abilities (physical and psychological). Tennis requires not only muscle power but also heart and lung endurance; rough and vigorous stretching and drawing give people strength beauty, and delicate and precise small balls give people skills; topspin, underspin and flat shot are unpredictable; baseline, midcourt and net front can all be deadly one shot. In a word, everyone can show their own physical ability, characteristics and advantages in tennis. Every run and every stroke can bring you a sense of spiritual pleasure.

#### 4. Research Process and Result Analysis

##### 4.1 Case Study of Wheelchair Tennis Teaching

At present, the development of blind tennis in China is still relatively slow. There are not many disabled people who study wheelchair tennis and few scholars who participate in and study this sport. However, the rules of wheelchair tennis match are almost in accordance with the rules of the International Tennis Federation for the physically sound people. The difference is that the ball can land twice in wheelchair tennis match, that is to say, the players must be in the court area before the ball touches the ground for the third time, it will return to the opponent's court area. The general tennis court, tennis racket used by the healthy person and the ball are applicable to wheelchair tennis learners.

Therefore, the author found some wheelchair tennis learners for teaching, through contact with wheelchair tennis learners, the wheelchair tennis teaching was explored in practice.

1) Explanation and demonstration. The teaching of tennis can make the learners observe and imitate the content of the teacher's lecture more intuitively, which is easier to understand than the simple theory class. However, it is not good to use language teaching only in the process of demonstration, because it can not arouse the interest of learners.

Therefore, in the process of teaching, we should grasp the nature of wheelchair tennis learners, increase the proportion of demonstration action and corrective action, and minimize the explanation. Use more lively, encouraging and questioning language, mobilize the enthusiasm of learners to learn actions, inspire the imagination of learners, make them think it is interesting, naturally imitate learning, reduce the negative impact of wheelchair on learning.

2) Encouragement. At the beginning, the wheelchair tennis beginners have a high interest in this sport, but they will also lack self-confidence due to physical reasons after several times of study. In addition, the difficulty of tennis entry is relatively large, which leads to the weariness of learning. At this time, teachers should give priority to encouragement, and make different teaching plans according to the different situations of the disabled wheelchair tennis players.

3) Example: watch interesting tennis video. In view of the anxiety of the beginners who can't receive the ball, we can organize the disabled wheelchair tennis players to watch the basic tennis technology teaching or more interesting and fun videos or videos, explain and correct the wrong movements of the disabled wheelchair tennis players, so as to establish the correct movement mode of the disabled wheelchair tennis players as soon as possible, and use the videos to enlighten the disabled wheelchair tennis players on tennis. To improve the interest in learning.

4) Physical fitness, technology and games. For wheelchair tennis learners, it is necessary to improve their physical quality and technology because they can catch the ball and improve their self-confidence. However, it is often the reality that wheelchair tennis learners with disabilities will be bored or unable to catch the wheelchair and lose interest in tennis step by step. Therefore, “game learning” is the most effective way to improve tennis technique and physical quality. It is very important to combine the learning of technology, physical quality practice and games to arouse the enthusiasm.

#### Example 1: Tools

Fixed hitting practice, with the aid of fixed tennis trainers and other devices, wheelchair tennis players with disabilities hit the fixed ball with forehand or backhand, and experience the method of hitting the ball.

#### Example 2: match practice

In view of the problem that wheelchair tennis learners are bored by moving the wheelchair, they can carry out static hitting practice. The teacher stands in front of the net, throws the ball, makes the ball bounce for 2 or 3 times, and then reaches the place where the players can receive it. The players catch the ball with forehand or backhand, and then throw the ball to themselves for continuous practice. This is to prepare for the future study of forehand and backhand hitting. Carry out wall exercise, cultivate the hitting hand feeling of disabled wheelchair tennis players and the ability of wheelchair movement.

### **4.2 Result Analysis**

Through teaching cases, we can see that interest is the basis of wheelchair tennis teaching. Interest is the best teacher, any subject, in order to improve the efficiency and quality of teaching, we need to let disabled wheelchair tennis players have enough interest in learning, let them feel enough charm in wheelchair tennis teaching, and feel happy and beautiful in the process of learning. The disabled wheelchair tennis players first have the willingness to learn and master skills.

#### **4.2.1 Scenario Presupposition**

In the teaching process, teachers create the actual combat situation or connect the predetermined teaching content with the plot, and integrate the emotion of teachers and students into the cognitive process of wheelchair tennis skills, so that disabled wheelchair tennis players can learn in a pleasant, vivid and image environment, so as to arouse their strong desire for knowledge and actively participate in learning and training. For example, in the practice of swing, we used to take repeated methods to practice. The disabled wheelchair tennis players are not interested in it, so the practice is boring, and the practice soon goes out of shape. The disabled wheelchair tennis players can assume that they are playing with Federer and other stars, assuming that the other side's way of hitting and landing point to swing and hit the ball, the disabled wheelchair tennis players' interest in practice will be greatly improved, and their consciousness will also be enhanced.

#### **4.2.2 Fun Games**

In teaching, sports games make the monotonous and boring technology become lively. Through the form of games, the disabled wheelchair tennis players can think in sports and learn in play, which can improve the enthusiasm of disabled wheelchair tennis players. In order to activate the classroom atmosphere in the form of games, sports games are interspersed in the teaching of wheelchair tennis, which is conducive to improving the learning interest of disabled wheelchair tennis players and making the classroom atmosphere lively. In the learning stage of wheelchair tennis for the disabled, some ball feeling exercises are carried out, for example, the wheelchair tennis for the disabled is allowed to carry out the hand-held racket "forward and reverse racket hitting", "ball frame hitting", "two people bumping" and so on.

## **5. Conclusions and Suggestions**

### **5.1 Conclusion**

The teaching form of wheelchair tennis should be based on the characteristics of special disabled wheelchair tennis players, with the comprehensive goal of imparting tennis sports knowledge, skills and happiness, establishing lifelong sports thought, appropriately changing the teaching mode, and fully integrating the "happy" thought and the "people-oriented" concept into tennis teaching, so as to improve the learning efficiency of disabled wheelchair tennis players and improve disabled wheelchair tennis net. It is of great significance for tennis players to cultivate their lifelong optimistic and upward attitude towards life.

## 5.2 Recommendations

### 5.2.1 Tennis Teachers Should Constantly Improve Their Personality Charm

In order to improve the teaching effect of happy teaching mode, wheelchair tennis teachers must constantly learn, enrich themselves, cultivate their own humorous and interesting characteristics, constantly shape a perfect personality, conduct teaching with personality charm as the soul, and communicate with disabled wheelchair tennis players. Only in this way can disabled wheelchair tennis players consciously integrate into tennis teaching. Only in this way can we successfully create a happy and relaxed teaching atmosphere and truly realize happy teaching.

### 5.2.2 Wheelchair Tennis Teachers Should Pay Attention to Improving Their Own Skills

Wheelchair tennis teachers must improve their skills as an important task to complete. Because the skill level of teachers directly determines the learning effect of disabled wheelchair tennis players. Teachers with solid skills, graceful movements and clear demonstration can improve the interest and effect of disabled wheelchair tennis learners, and make disabled wheelchair tennis learners from dislike to like, from like to love, from love to lifelong engagement.

### 5.2.3 Wheelchair Tennis Teachers Should Grasp the Relationship between Passing Pleasure and Passing Skills

In the process of happy tennis teaching, teachers should avoid the extreme teaching purpose. We can't jump from absolute skill transfer to absolute happy teaching. We must have a good grasp of the relationship and intersection between the two, and the degree between them. We can neither separate happiness and skills from each other, nor simply pursue the happiness and ease of the classroom, but ignore the fundamental goal of teaching.

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