

# The Realistic Dilemma and Development Path of Volleyball Teaching in Colleges and Universities

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**Abstract:** With the rapid development of the times, people's awareness of sports continues to increase. Not only does it imperceptibly affect people's lives, but it also has a profound impact on many colleges and universities. In the teaching process of many colleges and universities, physical education courses have also become one of the indispensable courses. Volleyball courses have also become a leader, which has a great effect on the unity and cooperation of students and the development of a sense of competition for striving and enterprising. At the same time, it can also improve the physical condition of students and cultivate a hard-working spirit. Although volleyball is not a new course for colleges and universities, analysis of past course conditions can't fully attract students' interest in its courses. Among them, teaching lags behind, the conservativeness of the model is an important reason. This article uses research methods of literature and logical analysis to systematically analyze the realistic dilemmas faced by college volleyball teaching. In this case, how to increase the popularity of volleyball and change the teaching situation, this article will further analyze the actual situation by improving the methods of volleyball teaching and playing a good role in actual education.

**Keywords:** volleyball, teaching, colleges and universities, dilemma, development

## 1. Introduction

With the approach of the great rejuvenation of the Chinese nation in the new era, China has achieved world-renowned achievements in competitive sports and mass sports. China is transforming from a sports power to a sports power. Such achievements are not a matter of overnight. Since ancient times, China has been involved in many of today's sports. The essence of the long history has slowly settled down, and it has a long history. Football, basketball, and volleyball in the three major sports are traceable in ancient China. Since China proposed an education model for the comprehensive development of moral education, intellectual education, physical education, aesthetic education, and labor education, it has been used as an educational model that can grant students health knowledge and develop them. It is of great historical significance to increase their physical strength, coordinate their teamwork, and cultivate their own willpower, and volleyball teaching undoubtedly stands in a leading position. Volleyball education can exercise and sharpen students' will, cultivate their sense of competition, and also help cultivate their teamwork, mutual effort, mutual encouragement, and friendly and mutually helpful team spirit. It is that they have a collective sense of team honor instead of just taking care of the individual. It has a good effect to avoid students' selfish behaviors that are centered on the individual[1]. Therefore, we combine the previous teaching model and analyze the relevant data to gradually solve the problems of the current teaching deficiencies, and the difficulties that are difficult to overcome, which leads to problems such as difficulty in teaching progress, always staying in place, and difficulty in fully exerting educational applications, entering in-depth analysis, and formulating a series of solutions for these problems.

## 2. The real dilemma of volleyball teaching in colleges and universities

### 2.1 Lack of practicality

In the current actual teaching, the lack of breakthroughs in physical education in Chinese colleges and universities is more or less affected by the traditional physical education teaching model. When teaching, we use theory as the mainstay and practice as a supplement. At a very early stage, we understood that experiment is the only criterion for testing truth, but now it has not been implemented.

The new teaching problem facing students is that students are in class. The practice is rarely without actual exercise. This phenomenon shows that teachers pay much more attention to theory in the classroom than practice training. It may also be affected by exam-oriented education coupled with the imperfect physical education model and physical education facilities, it is even more theoretical significantly. How to abandon the original education, practice also has to master the skills mastering methods. For example, in the course of practical teaching, through the teaching of skills and techniques, after a period of time, students are required to repeat the boring repetition of exercises, time and time again[2]. Repeating the same set of skills and techniques will also cause students to lose their original curiosity and interest in volleyball, fail to truly understand the charm of volleyball, fail to become interested in volleyball, and it will be counterproductive. If they can't truly understand the essence of volleyball, they can't. It is a good way to cultivate students' teamwork ability, so that volleyball teaching will not be ideal for a long time, lost the meaning of offering this course.

## ***2.2 Conceptual lag***

Exam-oriented education in China has a profound impact on many of our current education courses. The concept of the educational model of test-oriented education also deeply influences the curriculum of physical education. If you want to get a good exercise in physical education, the pass rate of students' physical exercise under this education model is nothing more than a test of students' volleyball skills to the only standard[3]. Although the teaching of volleyball courses is mainly to train students' physical fitness and teamwork ability, some narrowness of the far-reaching education model severely hinders the teaching of volleyball skills and cannot accurately achieve the ideal. As a result of the education in China, the outdated education method completely violates divergent thinking and the inheritance of education based on meritocracy, making the current volleyball education seriously hinder students' creative and exploratory interest, making the current volleyball education not systematic educational models have prevented some good education models from being fully popularized and promoted, leading to serious lag in volleyball education.

## ***2.3 Lack of participation***

Interest is the best teacher. Interest is an important guarantee for being able to learn well. It is very important to learn volleyball well[4]. Therefore, the cultivation of hobbies is also very important. In education, it is necessary to promote the development of children's interest and change the old education model. It is also necessary to promote the cultivation of students' autonomous learning ability. According to the survey data, it can be seen that the obsolete teaching model, the lack of classroom practice, and the lagging concept of education have reduced students' participation in high-efficiency volleyball classes and gradually reduced their interest in volleyball classes. As China attaches great importance to sports, more and more sports programs are introduced into college sports classrooms. Combining with the problems of previous teaching and the different teaching methods, more and more students begin to pay more attention to the participation and importance of volleyball gradually shifted and ignored. In the classroom, due to the lack of interest and enthusiasm of students to participate, it is difficult for most students to integrate into the volleyball course. With a bit of helplessness and compelling emotions, the lack of enthusiasm for learning this course and exploration and innovation, and this learning attitude directly affects the quality of teaching and the efficiency of teaching.

## **3. The development path of volleyball teaching in colleges and universities**

### ***3.1 Combination of teaching form and teaching content***

With the continuous development and progress of Chinese society and the continuous improvement of the corresponding social foundation, practical ability, work experience, and learning ability have become the standards of society's demand for talents[5]. Therefore, in combination with the actual situation and the needs of the society, colleges and universities should pay more attention to the cultivation of students' practical ability in the cultivation of talents to meet the society's selection and requirements for talents. Even if the teaching requires volleyball courses to be based on practical education, it is not only the training of students' physical fitness, but also the training of students' sense of teamwork and practical ability, learning ability, and self-discipline. It requires us to pay attention to the cultivation of students' hobbies and hobbies in actual physical education, so that students' enthusiasm for participation will be strengthened, and then combined with the new education model to

adjust the ratio of the old education model to the new education model, so that the content and the education model can be adjusted. Combining this together, throw away the teaching philosophy that is based on theory and practice as a supplement, and avoid the situation of focusing only on teaching theory and ignoring practice[6]. For example: After a period of teaching, practice and learning, the corresponding volleyball competition project is organized to stimulate students' sense of competition and collective honor, increase students' participation and interest in learning, and increase the practicality and allow students to enjoy the game, the excitement and the charm of the game itself.

### ***3.2 Innovation and reform of teaching system***

Reform and innovation can be applied to different social developments, different social fields, and it is also applicable to physical education. The outdated education methods are far behind the pace of the times. The times are progressing and developing the same education. The model has to be constantly changed, reformed and innovated, the traditional education model is constantly innovated and changed, and the exam-oriented education is transformed into the cultivation of students' quality. Pay attention to the cultivation of students' learning ability, the cultivation of self-innovation ability, and the cultivation of students' comprehensive ability. To change the existing learning model, reform should be based on the needs of students, focusing on cultivating students' learning abilities, self-discipline abilities, and innovative thinking abilities. The practice teaching mode is used to carry out volleyball teaching in colleges and universities to build a sound the volleyball teaching system makes the diversified development of volleyball teaching.

### ***3.3 Strengthen the cultivation of students' interest and enhance their sense of participation***

In classroom teaching, increase the activity of the classroom, change the role of the main body, change the position of the main body, take the student as the main body, cultivate the student's independent creation of new abilities, and use the students' thoughts as the starting point to make the students active and construct students' active learning the new learning model changes the old teaching thinking model with the teacher as the main body, so that the teacher can change to the position of guiding and assisting teaching, changing the status of the teacher's leading role in the past, and the situation of students passively teaching, allowing students to actively participate in classroom teaching and actively answer the teacher questions, participate in the overall planning of the teacher's curriculum, start the teaching mode in the form of group competitions, and cultivate students' competitiveness, innovation, and cooperation. A new teaching model that varies from person to person, based on observing students' interests, strengthens communication and exchanges between teachers and students, understands students' hearts and thoughts, and uses high-tech electronic technology to teach and vivid expressions will make it easier to make when students are interested, it is easier for students to accept it. Combining current popular factors with classroom teaching content will make it easier for students to understand, enhance classroom learning efficiency, change students' cognition of previous education courses, and increase their interest in actively participating in research discussions, once and for all.

## **4. Conclusion**

To sum up, looking at the historical development of teaching, especially in recent years, China's insistence on promoting sportsmanship has been highlighted. The characteristics, appeal, appeal and cohesion embodied in sports all demonstrate the importance and unity of sports. Improving the quality of the whole people and promoting the national fitness exercise has become a life concept recognized by the whole people, and the national fitness has also become a part of people's lives. Square dances can be seen everywhere, elderly people practicing Tai Chi can be seen everywhere in the morning, young people running in the park people have proved that the nationwide fitness is well implemented, and in this way, it also provides a good social atmosphere for the implementation and implementation of physical education in colleges and universities. But even so, there are many shortcomings in the actual physical education process of colleges and universities. The enthusiasm and popularity of volleyball teaching are still not well implemented. There are also the outdated teaching methods and the lagging nature of teaching forms, which restrict them. Efficient volleyball can't be well promoted in the implementation of education, which seriously reduces the enthusiasm of students to participate, so that students gradually lose their original interest in volleyball, and reduces the efficiency of students' participation in corresponding volleyball courses. In order to better solve this phenomenon, we are constantly practicing in the process of continuous analysis and research, and thus are also constantly

adjusting and reforming, and formulating more targeted reform programs. As a result, the teaching quality of high-efficiency volleyball is improved, and the past attitudes of college students to traditional volleyball teaching are improved maximize the actual effect of efficient volleyball.

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