

# Discussion on the Application of the Training Method of "Competition for Training" in Ordinary Colleges and Universities Badminton Team

**Chao Yi**

*College of General Education, Fujian Chuanzheng Communications College, Fuzhou, China*

*Corresponding author e-mail: fjcztjyc@163.com*

**ABSTRACT.** *The training method of "competition for training" has been popularized in the world. Athletes can achieve excellent sports performance through this training method. "Competition for training" is a formal method of competition, and this method of competition is, in essence, a typical high-level training method. "Competition for training" training method is the perfect combination of training and competition, so as to achieve the best training effect and achieve excellent sports performance. This research adopts research methods such as literature data method and logic analysis method to analyze and research the application of "competition for training" training method in ordinary college badminton team, hoping to provide useful reference.*

**KEYWORDS:** *competition for training, badminton, colleges and universities*

## 1. Introduction

In recent years, the athletic level of ordinary colleges and universities has gradually improved. Through a large number of investigations and studies, it has been found that athletes can promote their own sports skills by participating in various types of competitions, so as to find the best sports training methods in competitive sports and help athletes achieve excellent competition results[1-5]. Regarding the training experience of the "competition for training" training method, it has been widely recommended and promoted in ordinary college basketball, tennis, track and field, swimming, throwing, weightlifting and other project management centers. In the long history of competitive sports, although competition is one of its main components, its drawbacks still exist. Due to the complex rules of sports training, and simply "competition for training" cannot explain this phenomenon well, some sports events are needed to make key breakthroughs [6]. At present, some competitive sports events in ordinary colleges and universities have achieved success and gained certain experience through continuous discussion and research

on their training methods. After the sports training concepts are constantly updated, they have achieved success. We should sum up some scientific and effective training methods suitable for ordinary colleges and universities badminton teams from these excellent experiences, and ingeniously combine them with the laws of sports training, and in-depth discussion on the scientific nature of "competition for training", so as to be more comprehensive and systematic. Guide the training of ordinary college badminton teams.

A correct understanding of the training problem of "competition for training" is for coaches to improve their ability in the field of training, and it is inevitable for athletes to achieve excellent athletic performance[7-8]. It is a problem that ordinary colleges and universities must overcome, as the focus of training talents institutions of higher learning are duty-bound [9]. They shoulder the important task of cultivating excellent teachers, excellent coaches and advanced reserve talents for the motherland, society, and schools, which has important practical significance for the development of ordinary universities [10].

## **2. An introduction to badminton and an overview of "competition for training"**

### ***2.1 Introduction to Badminton***

As we all know, badminton originated in England. Its English name "badminton" is taken from Bemington Manor in Las Gordon, England. According to legend, at a banquet held in Bemington at that time, due to the sudden light rain outside, people started to invent this fitness exercise in order to pass the boring time indoors, and the British established the Badminton Association in 1893. From then on, badminton began to be known to the world and started to develop quickly.

My country is currently a country with relatively rapid development of badminton, and it has a place in the world. Since my country officially regained its legal seat in the International Badminton Federation, the national badminton team began to participate in various international competitions. Its achievements are obvious to all in the world badminton. It has won unlimited glory for our country and promoted the development of badminton, and technological improvement. As one of the main forces in cultivating professional badminton talents, colleges and universities play an important role in the development of badminton.

Badminton is the simplest and most convenient fitness exercise. It is neither restricted by the venue nor restricted by the number of people. It is only restricted by the weather. However, as long as there are two rackets and a ball, there is a small area of empty space for activities and exercises, so It is deeply loved by the masses. Currently in China, badminton events are held in various places, with a large number of participants, and the participating players are distributed in all age groups. For professional badminton players, badminton is a skillful competitive event, while for the general public, badminton is a popular sport full of fun and exercise. Whether it is for competitive sports or for ordinary mass fitness activities, athletes need to chase badminton continuously for various movements. Therefore, the majority of

sports enthusiasts often perform badminton exercises, which can achieve higher exercise effects and promote physical and mental health. healthy growth.

## ***2.2 Overview of "competition for training"***

The "competition for training" training method was proposed at the end of the 20th century. At that time, there were many types of competitions in the world. Athletes continued to participate in the competitions. While constantly exchanging and summing up experience, they also improved their own competitive ability. At the same time, some sports training experts began to study the pros and cons of the "competition for training" training method, and began to summarize the concept of this training method[11-12].

The explanation of the training method of "competition for training", in simple terms, is to use a form of competition to replace the too traditional training mode, so that students can be separated from the boring and boring traditional training mode, so that they can re-train. Generate interest in learning, give full play to your own subjective initiative, and achieve the purpose of independent learning. Through this training method, students can clearly understand their own advantages and disadvantages, so that they can find the best method for them in the training process[13]. The purpose of the training method of "competition for training" is to educate students how to become outstanding people. Training talents is not only the starting point of training, but also the ultimate goal of training. In the training of college badminton teams, the use of "competition for training" training method allows students to get more systematic and comprehensive badminton training, find ways to break through their own sports performance, and promote the overall physical and mental development of students.

In summary, the "competition for training" training method has the following advantages:

First, the "competition for training" training method is an autonomous training method at the level of physical education made after reforms in the new era. It mainly allows students to have the ability to think independently, to give full play to their subjective initiative, and to develop their brains. Actively think, explore students' thinking deeply, so as to promote students' all-round development;

Second, the training method of "competition for training" is a training method that integrates fun, competition, and appreciation. It can invigorate the training atmosphere to a certain extent, generate a certain attraction to students, and make students ability to focus on training to improve student learning efficiency;

Thirdly, the training method of "competition for training" helps students fully understand the basic knowledge and skills of sports, and through the knowledge and understanding of knowledge, they can effectively complete the training content and achieve unity of knowledge and practice. It is conducive for students to learn unified knowledge comprehensively and systematically and establish harmonious teacher-student relationship;

Fourth, the "competition for training" training method can perfectly combine competition and training, solve the coaches' problems in training, so that students not only pay attention to the level of competition performance, but also the importance of training, and improve their training ability required by standards.

### **3. The application of "competition for training" in ordinary college badminton team**

#### ***3.1 Closely integrated with the syllabus***

The training method of "competition for training" emphasizes "training". As a training method, "competition" cannot meet the ultimate needs of training[14-15]. Therefore, when teachers use the "competition for training" training method for college badminton team training, they should cleverly integrate closely with the syllabus, fully consider the characteristics of the athletes, and arrange the content of the game appropriately to avoid the competition from deviating from the syllabus[16]. The scope of content, if this is done, violates the original intention of teaching and fails to achieve the ultimate goal of teaching, and it is also easy for students to pay too much attention to the results of the competition and neglect the learning and understanding of technical skills, which is not conducive to student training. In summary, closely integrated with the syllabus is the starting point of the entire badminton training. It plays a vital role in improving the overall level of the badminton team.

#### ***3.2 Develop a reasonable competition format***

As a competitive mode, the competition has various organizational forms. How to arrange the competition form and the corresponding rules reasonably is the key point that teachers must master. For example, according to the different physical fitness of students, a variety of competition forms such as games, tests, technical evaluations, and reaching standards can be used to conduct badminton competitions, which can improve the motivation of athletes in training. Moreover, according to the specific settings of different stages of teaching, the competition should be closely integrated with teaching, and should not be separated from the original intention of teaching. In addition, there are some key points and difficulties in badminton technical movements. Can we formulate some special and more targeted competitions based on these key points, and compare the differences between the game and daily practice to allow students to train and deepen students' understanding of technical skills.

#### ***3.3 Arrange a reasonable competition cycle***

Badminton is developing rapidly, and major events are endless. Athletes participate in various competitions frequently, and they cannot better nurture their

spirits and compete with all their strength. This situation is also very common in the training of traditional college badminton teams. With the popularization and application of "competition for training" training method, coaches pay more attention to low-intensity aerobic training while arranging the competition cycle, emphasizing the improvement of athletes' special athletic ability and teamwork ability instead of focusing on The amount of load is proportional to the intensity of the load. In this way, the athlete can participate in the competition with the best physical fitness and mental state, thereby achieving excellent athletic performance. Therefore, it is necessary to arrange a reasonable competition cycle[17].

### ***3.4 Focus on physical recovery after the game***

Badminton is an event that requires very high physical fitness. In the competition training, the speed of the athlete's physical recovery is very important. In traditional badminton training, the requirements for physical fitness are not high, and the importance of physical fitness is not emphasized. However, in the ordinary college badminton team, with the in-depth influence of the concept of "match training", new changes have been made to the requirements of athletes during the training process, not only focusing on the changes in students' psychology, but also paying more attention to the comprehensive quality of students. The focus of the improvement is to pay attention to the distribution of the athletes' physical energy [18-19]. The recovery time of the physical energy must be balanced with the energy consumed in training, so as to achieve the ideal effect of training.

### ***3.5 Cultivate students' sense of innovation***

The new curriculum reform requires teachers to give students new education methods. Teachers are required not only to teach students the technical skills of sports, but also to focus on cultivating students' sense of innovation. This is no exception in the training and teaching of college badminton teams. Therefore, teachers should use all means to stimulate students' thinking, seek the best training methods, and encourage students' ability to think actively, so as to comprehensively improve students' comprehensive quality.

### ***3.6 Emphasize ideological and moral education***

The purpose of a school is to cultivate outstanding talents. The importance of education lies in educating people. This is not only the responsibility of the school, but also the responsibility of the teacher. Similarly, in physical education teaching is no exception, it is even more critical in the teaching of badminton teams in ordinary colleges and universities. Integrating the advantages of the "competition for training" training method, students can meet their own development needs, not only can achieve excellent training results, but also cultivate their own sense of collective honor, awareness of behavioral norms, teamwork and perseverance. Teachers of ordinary college badminton teams should fully grasp this feature and attach

importance to ideological and moral education, so that students can become excellent "people" before they become excellent badminton players.

#### 4. Conclusion

"Competition for training" training method is the product of the rapid development of society and the demand of contemporary sports. Its essence is to start from actual combat. It not only improves the understanding of athletes' technical skills in terms of exercise intensity, but also has a great impact on athletes' psychological quality in the atmosphere and environment of the stadium, especially for badminton, which is helpful for improving athletes' success in the competition. The psychological endurance will have a great impact. For coaches, it is also an effective training method that can be used. However, everything should be gradual and orderly. Even though there are many advantages in the training method of "competition for training", it should be analyzed in detail. Because athletes participate in too many competitions, they will naturally produce negative emotions during training, which is not conducive to the smooth progress of training. . In the training of badminton teams in ordinary colleges and universities, how to reasonably use relevant training methods should also delve into the rules, instead of eager for quick success and quick gains, too much pursuit of the final result.

Generally speaking, as an advanced sports teaching method, the "competition for training" training method is widely used in the training of ordinary college badminton teams. The training of college badminton teams should take the essence and eliminate the dross, and use the training method of "competition for training" flexibly and apply what you have learned so as to achieve excellent sports performance and achieve the best sports effect.

#### References

- [1] AhmadiA , Mitchell E , Richter C , et al. Toward Automatic Activity Classification and Movement Assessment During a Sports Training Session[J]. IEEE Internet of Things Journal, 2017, 2(1):23-32.
- [2] Suppiah H T , Low C Y , Chia M . Effects of sports training on sleep characteristics of Asian adolescent athletes[J]. Biological Rhythm Research, 2015, 46(4):523-536.
- [3] Keogh J W L ,Winwood P W . The Epidemiology of Injuries Across the Weight-Training Sports[J]. Sports Medicine, 2016, 47(3):1-23.
- [4] JeliiM ,Uljevi O , Zeni N . Pulmonary Function in Prepubescent Boys: The Influence of Passive Smoking and Sports Training[J]. Montenegrin Journal of Sports ence& Medicine, 2017, 6(1):65-72.
- [5] JesúsViciana, Mayorga-Vega D . INNOVATIVE TEACHING UNITS APPLIED TO PHYSICAL EDUCATION – CHANGING THE CURRICULUM MANAGEMENT FOR AUTHENTIC OUTCOMES[J]. Kinesiology, 2016, 48(1):142-152.

- [6] Petherick L A . Race and culture in the secondary school health and physical education curriculum in Ontario, Canada A critical reading[J]. *Health Education*, 2018, 118(2):144-158.
- [7] Chen L, Li y. a comparative study on the currency of social sports major between China and Australia [J]. *Management science and research: Chinese English version*, 2019 (1): 46-48.
- [8] Liu J ,Shangguan R , Keating X D , et al. A conceptual physical education course and college freshmen's health-related fitness[J]. *Health Education*, 2017, 117(1):53-68.
- [9] AiminL ,Jianjun L , Ganchen T , et al. Research on the Inquiry Teaching Model of Men's Basketball Teaching in College Physical Education based on Network Information Technology[J]. *International Journal of Smart Home*, 2015, 9(10):169-178.
- [10] Ding J , Sugiyama Y . Exploring Influences of Sport Experiences on Social Skills in Physical Education Classes in College Students[J]. *Advances in Physical Education*, 2017, 07(3):248-259.
- [11] None. What are the possible job opportunities/options for a college graduate with a degree in physical education?[J]. *Journal of Physical Education Recreation & Dance*, 2016, 87(5):51-55.
- [12] Di P ,Hongye L . Research and application of multimedia teaching in college physical education[J]. *Agro Food Industry Hi Tech*, 2017, 28(1):339-342.
- [13] AhmadiA , Mitchell E , Richter C , et al. Toward Automatic Activity Classification and Movement Assessment During a Sports Training Session[J]. *IEEE Internet of Things Journal*, 2017, 2(1):23-32.
- [14] Merino-MarbanR ,Mayorga-Vega D , Fernandez-Rodriguez E , et al. Effect of a physical education-based stretching programme on sit-and-reach score and its posterior reduction in elementary schoolchildren[J]. *European Physical Education Review*, 2015, 21(1):83-92.
- [15] Hollis J L , Williams A J , Sutherland R , et al. A systematic review and meta-analysis of moderate-to-vigorous physical activity levels in elementary school physical education lessons.[J]. *International Journal of Behavioral Nutrition & Physical Activity*, 2016, 86(1):34-54.
- [16] Håkan Larsson, KarleforsI . Physical education cultures in Sweden: fitness, sports, dancing ... learning?[J]. *Sport Education and Society*, 2015, 20(5):1-15.
- [17] Solmon M A . Optimizing the Role of Physical Education in Promoting Physical Activity: A Social-Ecological Approach[J]. *Research quarterly for exercise and sport*, 2015, 86(4):329-337.
- [18] Iaochite R T , Costa Filho R A D . Teacher efficacy beliefs during the practicum experiences in physical education classes[J]. *MotrizRev.educ.fis*, 2016, 22(3):183-189.
- [19] Ward P , Kim I , Ko B , et al. Effects of Improving Teachers' Content Knowledge on Teaching and Student Learning in Physical Education[J]. *Res Q Exerc Sport*, 2015, 86(2):130-139.