

Problems and Countermeasures in Badminton Teaching in Colleges and Universities

Xingmin Zhu

Guangdong University of Foreign Studies, Guangzhou Guangdong 510420, China

ABSTRACT. *In recent years, people from all walks of life pay great attention to physical education in colleges and universities. Many colleges and universities have adopted badminton teaching methods. Badminton education has many advantages, which can enhance the overall physical fitness of college students, and also enable them to achieve friendly communication in the learning process. However, there are some defects in the teaching process, which affect the overall effect of badminton teaching. Therefore, colleges and relevant physical education teachers must take effective strategies to further improve the teaching effect and improve the overall quality of badminton teaching. This article is mainly based on the problems and countermeasures in the course of college badminton teaching.*

KEYWORDS: *College physical education, Badminton teaching, Existing problems, Effective strategies*

1. Introduction

Badminton teaching is a sports project carried out by many colleges and universities. It is favored by many students and has achieved considerable teaching results. However, there are certain unsatisfactory results in teaching. Many students have a certain foundation, and some students have poor abilities. At the same time, there is certain irrationality in the evaluation method, that is, there is a big difference in the overall level. Therefore, effective methods must be adopted to reform and promote the sublimation of college badminton teaching. This article is mainly based on the necessity, existing problems and effective solution strategies of colleges and universities to carry out badminton teaching projects.

2. The Necessity of Developing Badminton Teaching Projects in Colleges and Universities

3.1 Enhance Physical Fitness and Promote Health

Physical education is very important in college courses. Badminton teaching is an item in physical education courses and is loved by most students. Badminton activities can enhance students' physical fitness, promote communication and exchanges between students, and better allow students to put down textbooks and walk out of the classroom. And the badminton project is relatively simple, the students' acceptance is relatively high, and they can also achieve the ideal exercise and communication effects. The development of badminton teaching programs can enable students to get some physical exercise, improve students' physical functions, and provide students with sufficient relaxation time. The implementation of this project can effectively improve the various forces of the human body, promote the effective circulation of blood, and also promote the renewal of the respiratory system, and also make the students' metabolic ability become more perfect, then the human body achieves the desired effect.

3.2 Effectively Cultivate College Students' Social Communication Skills

Through the development of the badminton project, effective communication and interaction between different students can be achieved, which also better strengthens the interaction between students. They can achieve certain friendships in cooperation and competitions, and can also strengthen their interpersonal communication and communication skills through these activities, so that they can master the relevant skills of cooperation and competition.

4. Problems in College Badminton Teaching

4.1 The Technical Level of Students Varies

College students come from different regions, they have different levels of physical education since they were young, so there is a certain difference in their sports technical level and understanding ability. When colleges and universities conduct badminton teaching, there will be certain differences in the acceptance level of students. If unified teaching is carried out, it will affect the overall progress. In the teaching process, it is impossible to meet the needs of some students with poor foundation, and it is difficult to promote their common development. Therefore, teachers should take care of different students, and provide some guidance to the less capable students in the classroom, which will also affect the overall teaching progress, resulting in the greatly reduced effect of badminton teaching.

4.2 Learning and Practice Content is Tedious

Many colleges and universities generally teach students simple movements when carrying out badminton teaching, allowing students to practice pairwise exercises. The entire class time is spent in learning and practice, which will inevitably lead to a lack of fun in the classroom, and many students will choose to be lazy. These contents are relatively monotonous, and all affect students' learning mood and overall effect. In order to pursue the accuracy of a certain action, the teacher will let the students repeat the exercise for a long time, which will stimulate the students' boredom. The relatively simple classroom teaching content is also an important reason for tediousness. Teachers do not effectively design the classroom content, so they must scientifically arrange and plan against the learning content to enhance classroom flexibility.

4.3 The Evaluation Method is Unscientific

Teachers will ultimately judge the students' sports performance based on the standard of sports skills or movements, but due to differences in the students' innate conditions, even hard practice cannot achieve the desired results. Some students can achieve excellent results by simply practicing with innate conditions, which has caused certain educational injustice. Therefore, we must make certain changes to the evaluation method. Many university evaluation methods ignore the evaluation of students' usual attitude and learning process, and only focus on the final result. This is not conducive to the better development of this activity, it will also affect students' confidence in learning, and the evaluation method must be optimized.

4.4 Lack of Suitable Teaching Materials and Venues

Many colleges and universities have certain defects in the feather field, which leads to the lack of effective places for students to carry out related activities. It also restricts the development of many competitions and trainings, and also largely restricts the training and activity of students. Many colleges and universities are teaching on the basis of traditional textbooks when carrying out the teaching of the project. These textbooks are based on long-term experience and lack certain innovation. The content of the textbook does not advance and change with the times, and it will also constrain the learning of students' relevant badminton knowledge and skills, and will not allow students to achieve certain breakthroughs in this project.

4.5 Teachers' Ability and Level Need to Be Improved

The teacher is an important person in the project. The teacher teaches students related skills and knowledge in the classroom, guides the rhythm of the entire classroom, and promotes the improvement of students' badminton skills. However, many teachers have limited abilities and knowledge, and there is a certain loophole in their ability to impart to students. Therefore, teachers and schools must attach great importance to continuous learning, carry out relevant training work, and improve teachers' related skills and professional level.

5. Strategies to Improve the Teaching Effect of College Badminton

5.1 Scientific Teaching Content

Teachers should have a certain understanding of the situation of the project, and make certain adjustments based on the actual teaching situation. They should pay attention to the training of students on some basic skills and abilities, so that students have a comprehensive understanding of the content of this purpose. In particular, we must pay attention to the cultivation of students' lofty ball technology, which is the key to this item and sports. For interested students, certain training is required, and related badminton teams can also be formed, so that students can also carry out related activities in their spare time.

5.2 Strengthen the Setting of Badminton Teaching Materials and Venues

The school should make good investment in funds and construction of venues to ensure that students have suitable places to carry out this activity. Do a good job of planning, so that students can be effectively grouped to ensure the amount of students' activities. At the same time, it is necessary to innovate and adjust the content of teaching materials according to the current development of badminton. It is necessary to ensure that all content and technology in the teaching materials are up-to-date with the ability to train students efficiently and achieve the ideal exercise effect. It is necessary to set up scientifically and use it circularly, make certain regulations and notices for the opening hours, and improve the construction of school infrastructure.

5.3 Reasonable Formulation of Assessment Methods

The assessment method is very important for students. Since the congenital differences of students will affect their scores, comprehensive assessment should be carried out from many aspects. The final assessment results should include the final assessment and the usual learning process, to ensure that the final assessment can fully feedback the student's learning status. The students' attitude to study, the degree of technical completion, and the degree of effort should be comprehensively measured to ensure that they can build confidence for students. It is also necessary to arouse the enthusiasm of students to learn, which can also effectively dilute the students' fear of assessment and reduce the pressure of students' final study.

5.4 Strengthening the Professional Ability Training of Badminton Teachers

The school should cultivate the ability of teachers to ensure that teachers can master the knowledge and level of the resulting badminton technology. The school should regularly carry out relevant training work, and train teachers in accordance with specific requirements and teaching content to further improve their professional ability and professional quality. Teachers should also actively carry out relevant learning and enrich and train their abilities. The school should regularly carry out relevant assessment mechanisms, comprehensively grasp the professional capabilities of teachers, and constantly improve the school's training mechanism to ensure that it can bring more comprehensive teaching to students.

5.5 Focus on Introducing Competitions to Improve Teaching Effects

In order to better induce the flexibility of teaching, badminton games can be carried out in daily physical education. Allowing students to master relevant skills in the battle will also greatly increase the activity of the classroom. This also provides students with an opportunity to show themselves and other students to watch and learn. It can also further expand the influence of the badminton project and allow more students to participate in this sports project. Teachers made a certain summation of their post-competition, and gave a certain explanation of the related technical defects in their process to promote the overall improvement of students.

6. Conclusion

In a word, it is very important for students to develop badminton teaching in colleges and universities. Colleges and universities must attach great importance to it, adopt reasonable teaching methods to improve the overall teaching effect, devote themselves to further training students' physical health, and also let students get more social ability in sports communication. The school should actively strengthen the arrangement of teaching

facilities and venues, provide certain training for teachers, set reasonable assessment methods, pay attention to the frequent development of badminton-related activities and competitions, and scientifically arrange the overall teaching content. Only in this way can we train more outstanding college students for our country and promote the overall development of society.

References

- [1] Zhu Dingyuan (2019). Problems and Countermeasures in College Badminton Teaching Process [J]. *Sports World (Academic Edition)*, no.5, pp.12-13.
- [2] Li Yingda (2016). Analysis of Problems Existing in the Course of Badminton Teaching in Universities and Countermeasures [J]. *Talent*, no.14, pp.171-172.
- [3] Li Yingda (2015). Problems and Countermeasures in Badminton Teaching in Colleges and Universities [J]. *Contemporary Sports Science and Technology*, no.16, pp.59-60.
- [4] Wen Ying (2017). The Implementation Strategy of Inquiry Teaching in College Badminton Courses [J]. *Economic and Trade Practice*, no.22, pp.341-342.