

# Current Situation and Countermeasures of College Tennis Culture Development

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**ABSTRACT.** *Tennis can improve students' physical fitness, and the tennis culture contained in tennis can play a role in enhancing students' moral awareness and cultivating sentiment. The vigorous development of tennis culture in colleges and universities can meet the requirements of quality education in the new period. Data method, etc., through analyzing the current situation of the development of tennis culture in colleges and universities, and developing countermeasures for the development of tennis culture in colleges and universities, the purpose is to provide reference for future research on tennis culture in colleges and universities.*

**KEYWORDS:** *Colleges and universities; Tennis culture; Physical education; Development; Countermeasures*

## 1. Introduction

With the reform of higher education, college education is required to promote the comprehensive development of students and enhance the comprehensive quality of students. Tennis is elegant and fashionable, and it is a very popular form of sports. It has the characteristics of high social awareness, easy learning, etc. The vigorous development of tennis culture in college physical education can not only enrich the types of college sports, but also improve the physical fitness of college students and cultivate the sentiment of college students, effectively promoting the development of tennis.

## 2. Development Status of College Tennis Culture

### 2.1 Development of Tennis

The rise of tennis in Europe. In Europe and the United States and other regions, tennis is a very popular aerobic sport, which is generally welcomed by people. Because of its many advantages, tennis is suitable for people of all ages to exercise, it is relatively easy to learn, and it can be very It plays a good role in physical exercise. It has developed rapidly and has now become a worldwide sports. Contemporary Chinese college students love tennis very much. Tennis can not only train college students and improve their physical fitness, but it is also very consistent. Psychological status of college students. Tennis culture was introduced to China at the end of the 19th century. Compared with European and American countries, the development of Chinese tennis culture started late and the gap is obvious. However, after the founding of New China, the Chinese government attaches great importance to the development of tennis culture. The development of tennis culture in China is accelerating. Many colleges and universities have also launched tennis teaching. Tennis is very popular among Chinese college students. The prospect of tennis culture development in Chinese colleges is very good.

### 2.2 Low Awareness of Tennis Culture

According to the consulting knowledge network, Wanfang, Weipu database has found that the development of tennis in colleges and universities is related to the article, it is found that most college students who are not tennis majors in Chinese colleges and universities have a lower awareness and love of tennis culture. This shows that tennis culture in China The undergraduate group is not yet popular enough, and many college students do not have an in-depth understanding and understanding of tennis and tennis culture, and even less love. This also reflects from the side that Chinese colleges and universities have insufficient publicity for tennis culture and the scope of its spread. It is not wide, and the publicity and development of tennis culture in Chinese universities

need to be strengthened.

### ***2.3 College Tennis Teachers***

At present, the number of tennis teachers in Chinese universities is relatively scarce, mainly reflected in the number of teachers and the teaching ability of teachers. In terms of the number of teachers, the number of full-time tennis teachers in some universities is relatively small, and it is often a teacher who is responsible for the tennis teaching of the entire school. Work. Due to the limited energy of teachers, sometimes they do not take into account the guidance to some students, which is not conducive to the learning and improvement of tennis, and is not conducive to the spread and development of tennis culture in colleges. In terms of teacher teaching capabilities, many college tennis the teacher is not a professional tennis teacher. He is also teaching other sports. The level of tennis technology is low and the professionalism is not strong. It is not conducive to the improvement of tennis teaching efficiency and restricts the development of college tennis culture.

## **3. The Significance of Developing Tennis Culture in Colleges**

### ***3.1 Enriching Pe Teaching Content***

Tennis has many advantages. As a sport, tennis is very simple and easy to learn, and it is more suitable for the study of contemporary college students. In the physical education of colleges and universities, vigorously developing the tennis culture can improve students' morality and moral cultivation, and it can also effectively enrich The content of physical education in colleges and universities allows college students to fall in love with tennis, increase their interest in participating in tennis, and adhere to the initiative of tennis to help college students develop good physical fitness.

### ***3.2 Help College Students Develop Excellent Qualities***

In the course of tennis training and competition, students can learn tennis skills in sports and improve their physical fitness. In some small amateur games and daily training, there is no referee to judge, and the "trust system" is used. Put forward moral requirements for the athletes of both sides. The athletes must be honest and trustworthy to ensure the fairness and accuracy of the scores. Therefore, to a certain extent, college tennis can also improve the comprehensive quality of college students, It also enables college students to form excellent personality qualities.

### ***3.3 Improve the Communication Skills of College Students***

Tennis is not a single person alone, it is an interactive form of sports. In the sports teaching of colleges or universities, or during tennis training and competition, college students need to communicate with other students and teachers. Effective communication can improve the communication ability of college students, promote the emotional communication and exchange between students and students, students and teachers, help to cultivate the teamwork ability of college students, increase the experience of college students' interaction with others, and improve the future growth and development of college students. Promoting.

### ***3.4 In Line with the Concept of Lifelong Physical Education***

Through the active introduction of tennis and the vigorous development of tennis culture, colleges and universities can enable college students to learn tennis skills at school, master the power of sports, and be influenced by tennis culture. The tennis knowledge learned by college students is not only used in college sports classes. It can be directly applied to life, mastered the skills of tennis, can play sports under any conditional opportunity, breaks through the time and space restrictions of physical exercise in colleges and universities, and meets the current educational philosophy of college students to cultivate a lifelong sports consciousness.

## **4. Countermeasures for College Tennis Culture Development**

### ***4.1 Strengthening the Teaching Team***

Teachers play a key role in college tennis teaching and the development of tennis culture. Excellent teachers with higher tennis cultural knowledge, tennis skills and tennis skills can train more and better students. Colleges and universities should attach importance to attracting outstanding students. Tennis teachers and talents. At the same time, we must strengthen the training of tennis teachers in our school, encourage more tennis teachers to study and further develop, and establish excellent tennis teacher groups. To promote and develop tennis and tennis culture, Provide tennis teachers with more opportunities for self-development to improve the tennis culture knowledge and tennis professional skills of college tennis teachers. The school must provide high-quality teaching conditions for tennis teachers to encourage tennis teachers to be motivated to innovate in their studies and work and enhance the enthusiasm and motivation of tennis teachers. For example, by establishing a teacher reward mechanism, material or title awards can be given to outstanding tennis teachers to stimulate teachers' initiative.

#### ***4.2 Good Tennis Courts***

Tennis requires an open training field. The standard tennis court covers an area of 648 square meters. Tennis courts and related supporting facilities are the prerequisites and foundations for tennis teaching and training. This requires colleges and universities to plan tennis teaching. According to the actual situation of the school, we must plan standard tennis courts and improve the supporting facilities for tennis, which can provide equipment guarantee for the development of tennis teaching and the development of tennis culture, and then promote the development of tennis teaching and the development of tennis culture. The management and maintenance of relevant personnel is also the environmental foundation for the development of tennis culture in colleges and universities. Colleges and universities should be equipped with corresponding management and maintenance staff for tennis courses and venues in order to provide a strong guarantee for the continuous development of college tennis culture.

#### ***4.3 Strengthen the Promotion of Tennis Culture***

Through the promotion of tennis and tennis culture, colleges and universities can create a rich sports atmosphere in the school, which is conducive to stimulating students' enthusiasm for learning tennis and other sports, encouraging students to actively participate in sports, promoting the development and conduct of college tennis teaching, and promoting tennis. Cultural dissemination and development. At present, the promotion of tennis culture in colleges and universities is not strong enough and the scope of dissemination is not wide enough. Colleges and universities should attach great importance to the development of tennis and strengthen the promotion of tennis culture. In particular, the promotion of tennis culture should be emphasized. You can introduce the history, sources, skills and other related contents of tennis to students through the Internet, campus activities, sports games, campus broadcasts, etc., so that college students can better understand tennis culture knowledge, improve college students' awareness of tennis culture, and stimulate college students. Interest in learning tennis and attracting college students' attention to tennis culture.

#### ***4.4 Conducting Reasonable Curriculum Design***

Through scientific and reasonable tennis course design, students can be interested in learning tennis, improve the efficiency of college tennis teaching, and promote the development of college tennis culture. In the promotion of tennis culture, colleges and universities should attach importance to the design and implementation of tennis teaching courses. Teachers in teaching In the process, we must fully understand the needs and physical conditions of students, depending on the situation, formulate and compile syllabuses in accordance with curriculum requirements, and carry out reasonable curriculum design. Teachers should make full use of teaching resources, integrate students' personality characteristics and hobbies, and measure the number of students. Tailor-made tennis teaching classrooms. When designing the curriculum, teachers can carry out certain teaching innovations to make teaching more in line with the background of educational modernization. For example, teachers can design some interesting tennis matches and training to exercise students' bodies. Conditions, improve students' tennis learning ability to have a level of tennis, but also help to stimulate students' initiative to learn tennis, improve the efficiency of tennis teaching, and achieve a better effect of the spread of tennis culture. While conducting innovative teaching, teachers also Improving one's ability and level, and then achieving teaching proficiency Fruit, help to achieve better learning outcomes tennis, promote common development of teachers and students.

## 5. Conclusion

Tennis is a popular sport, which can play a role in physical exercise and cultivating sentiment. At present, many colleges and universities have provided tennis teaching courses, which can not only play a role in training students' bodies, but also improve the overall quality of students. To promote the all-round development of students and achieve the purpose of college education in the new era. Tennis is not only a practice, but the tennis culture contained in it is also a very important cultural resource, which can enrich the spiritual thinking of college students and help college students improve their moral cultivation. To pay great attention to the development of tennis culture, we should adopt diversified development programs to promote the development of tennis culture.

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