

Research on the Optimizing Method of Tennis Teaching in Colleges and Universities

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Abstract: Optimizing teaching methods and improving teaching modes can effectively improve the teaching quality of current colleges and universities, and make college educators move to a new stage. As a course of physical education, tennis teaching in Colleges and universities should be optimized and innovated on the basis of existing teaching modes and methods to enhance students' interest in tennis. Taking the current tennis teaching in Colleges and universities as an example, this paper discusses the necessity of optimizing the tennis teaching method and the characteristics of the optimized teaching method. Through the optimization of tennis teaching methods in Colleges and universities, it has the same effect to improve the quality of tennis teaching.

1. Introduction

At present, the traditional teaching methods and modes are still used in tennis teaching in Colleges and universities, which seriously hinders the development of tennis in Colleges and universities. Traditional tennis teaching mode can only show students' basic movements through tennis teachers. After understanding the basic content, students can achieve skilled technical movements through repeated mechanical exercises. Traditional tennis teaching methods focus on basic knowledge and basic technical movements of tennis, ignoring students' learning experience. At present, the process steps of traditional tennis teaching methods in Colleges and universities mainly include warm-up preparation activities, explanation of teachers' technical movements and repeated exercises. The long-term development of this traditional teaching mode will cause students to have a negative attitude towards tennis teaching and become tired of learning tennis-related content. If the traditional tennis teaching method can not be improved in time and effectively, it will affect the future development of college tennis teaching. Therefore, it is of great significance to reform and optimize tennis teaching methods in Colleges and universities. To a certain extent, the development of tennis in IKEA University is seriously hindered by traditional teaching methods and modes. Traditional tennis teaching mode can only reflect the basic action of tennis teachers to students. After understanding the basic content, the students practice mechanically and repeatedly to make the technical movements mature. The traditional tennis teaching method pays attention to the basic knowledge and basic technical movements of tennis, but neglects the students' feelings. At present, the process of traditional tennis teaching methods in Colleges and universities includes warm-up activities, explanation of teachers' technical movements and repeated exercises. The long-term development of this traditional teaching mode will cause students to have a negative attitude towards tennis teaching and become tired of learning tennis-related content.

2. The optimization of tennis teaching methods in Colleges and universities should have its own characteristics.

2.1 Sex Tennis Teaching

The first individualized feature of tennis teaching is that high-speed rail tennis teaching takes teachers as the core and imparts tennis-related knowledge to students at this stage. Students only passively accept the information conveyed by the teacher. This situation will make students always in a passive state in tennis teaching, which limits their personality development. Traditional tennis

teaching methods neglect individual differences of each student, leading to students can not teach in accordance with their aptitude. Therefore, in the process of optimizing college tennis teaching methods, individualized teaching must be realized to avoid the drawbacks of traditional teaching methods. In order to realize the individualization of tennis teaching methods, tennis teachers are required to carry out targeted teaching according to the different characteristics of each student, respect the development of students' personality, and effectively improve the quality and effect of tennis teaching in Colleges and universities. First of all, it is the personalized characteristics of tennis teaching. At this stage, high-speed rail tennis teaching is often teacher-centered, to teach students tennis knowledge. The student network department passively accepts the content conveyed by the teacher. This situation will make the students' Department tennis teaching always in a passive state, thus restricting their personality development. The traditional tennis teaching method neglects the individual differences of each student, leading to their inability to teach in accordance with their aptitude. In the process of optimizing tennis teaching methods in Colleges and universities, individualized teaching is needed to avoid the disadvantages of traditional teaching methods.

2.2 Modernization of Tennis Teaching

The modernization of tennis teaching is the characteristic after the modernization of tennis teaching. With the continuous development of science and technology in China, the current mode of university education has become more modern. The application rate of multimedia teaching equipment in higher education is getting higher and higher. College tennis teaching should abandon the traditional teaching mode and make full use of modern teaching equipment. Promote the modernization of tennis teaching methods. In the traditional tennis teaching mode, the teacher asks the students to repeat the exercises after explaining the main points of the technical movements. In the process of optimizing tennis teaching methods, the use of modern teaching equipment not only enriches the tennis teaching content, but also stimulates students' interest in tennis teaching. In addition to demonstrating the relevant technical actions of tennis through video teaching, we can also use multimedia teaching equipment to conduct some international tennis matches, introduce advanced modern audio-visual teaching into college tennis teaching, and promote the optimization of tennis teaching methods. Secondly, due to the characteristics of tennis teaching modernization, the continuous development of science and technology in our country makes the educational model of IKEA University more modern. The higher the application rate of multimedia teaching equipment in College education, the greater the possibility of abandoning the traditional teaching mode. Using modern teaching equipment to promote the modernization of tennis teaching methods. In the traditional tennis teaching mode, students are required to repeat the key points of technical action after explaining the technical action.

2.3 Openness of Tennis Teaching

At present, in the process of optimizing and innovating network teaching methods in Colleges and universities in China, we should have an open mind and strictly abide by the rules. In order to realize the openness of the global teaching method, it is necessary for university network teachers to participate in the traditional network global teaching method and innovate the global teaching method by using modern chemistry teaching concept. The university network global teaching method should be regarded as an independent teaching and learning system, and Hong Kong should be incrementally improved between students and students in the process of teaching and learning. An effective communication and interaction to improve the quality of tennis teaching. In the process of optimization and innovation of tennis teaching methods in Colleges and universities in our country, we should broaden our thinking and not stick to the routine. In optimizing tennis teaching methods, we should fully embody the characteristics of openness, draw lessons from modern teaching concepts, and promote college tennis teachers to form modern teaching concepts. In order to realize the openness of tennis teaching methods, tennis teachers in Colleges and universities are required to use modern teaching concepts and innovate tennis teaching methods on the basis of traditional tennis teaching methods. In order to realize the openness of tennis teaching, we must regard tennis teaching in Colleges and universities as an independent teaching system. In

the process of teaching, Hong Kong should strengthen effective communication and interaction with students so as to improve the quality of tennis teaching.

3. The Optimizing Method of College Tennis Teaching

3.1 Emotional Teaching Method

Emotional teaching method refers to a special teaching atmosphere created by teachers according to students' different emotional expressions in the course of tennis teaching, so that students can have certain emotional resonance and improve their interest in learning the relevant technical elements of tennis. Emotional teaching method can also help students better digest and master the relevant theories and techniques in tennis teaching. In the application of emotional teaching method in tennis teaching, first of all, students should have a detailed understanding and mastery of tennis, so as to better learn tennis technology in the process of producing certain emotional experience. For tennis teachers, emotional teaching method requires tennis teachers to always pay attention to their professional teaching skills and quality training, help students solve learning difficulties in tennis teaching process, and establish a good emotional experience. Through the emotional teaching method, students can learn tennis in a relaxed and happy atmosphere. It can not only effectively improve their tennis skills, but also help them learn professional knowledge better. Emotional teaching method is to create a special teaching atmosphere for students' different emotional expressions in the process of tennis teaching, to stimulate students' emotional resonance, and to enhance students' interest in learning the essentials of tennis technology. Emotional teaching method is helpful for students to better understand the relevant theories and techniques in tennis teaching. In tennis teaching, the application of emotional teaching method is the most important. Students have a detailed understanding of tennis, in order to learn tennis technology better in the process of learning tennis technology, and have a certain emotional experience. For tennis teachers, the emotional teaching method requires tennis teachers to always pay attention to their own professional teaching, with the same accomplishment, to help students solve the learning difficulties in tennis teaching process, and establish a good emotional experience. Through emotional teaching method, students can not learn tennis in a relaxed and happy atmosphere. It can not only effectively improve their tennis skills, but also help them learn professional knowledge better.

3.2 Teaching methods according to aptitude

According to the different characteristics of each student and the different characteristics of different types of students, it carries out targeted and differentiated teaching. Traditional tennis teaching methods can not be based on different characteristics of students. This “one-size-fits-all” traditional tennis teaching mode ignores the individual differences among students, resulting in some students with poor foundation can not better grasp the relevant content of tennis teaching. If we do not optimize and improve the existing traditional tennis teaching methods, the long-term development will make students lose interest in tennis teaching, and even make students have a certain negative attitude, which is not conducive to the better development of tennis teaching in Colleges and universities. In the current optimization method of tennis teaching in Colleges and universities, the teaching method of teaching according to aptitude can well meet the needs of teaching and carry out targeted teaching for students of different tennis levels. Students with good tennis technical foundation can teach some advanced tennis technical essentials, while students with poor tennis technical foundation should pay attention to the teaching practice of basic movements. Teaching should be based on the students' ability tendency, according to the different characteristics of each student, according to the different characteristics of different types of students, develop targeted teaching, there is no assimilation teaching. Traditional tennis teaching methods can not be based on the different characteristics of students. This “one-size-fits-all” traditional tennis teaching mode neglects the individual differences of students, resulting in poor local foundation of students in tennis teaching and poor related content. If we do not optimize and improve the existing traditional tennis teaching methods, the development of pillow will make students lose interest in

tennis teaching, and even make students have certain negative emotions, which is not conducive to the better development of tennis teaching in Colleges and universities. In the current optimization method of tennis teaching in Colleges and universities, teaching according to one's aptitude can well meet the needs of teaching, and can be targeted at tennis students with different skills. Students with good tennis technical foundation can teach advanced tennis technical essentials, while students with poor tennis technical foundation should pay attention to basic movement teaching practice.

3.3 Asynchronous Teaching Method

The asynchronous teaching method in college tennis teaching method can not only improve the overall effect and quality of tennis teaching, but also effectively coordinate the asynchronous personalized differences between tennis teachers and students in learning tennis technical points. This is because asynchronous teaching method has the following characteristics: first, asynchronous teaching method can be student-centered. Secondly, in the process of tennis teaching, students can clearly feel the progress of tennis technology. Finally, the application of asynchronous teaching method in tennis teaching not only inherits the advantages of traditional teaching method, but also effectively improves the shortcomings and shortcomings of traditional teaching method, in order to optimize tennis teaching method. Asynchronous teaching method in college tennis teaching can not only improve the overall effect and quality of tennis teaching, but also effectively coordinate individual differences between students and teachers in learning tennis skills. Because of the existence of asynchronous teaching method, this department has the following characteristics: First, students can become the main body of asynchronous teaching method. Secondly, students can clearly feel the progress of tennis technology in the teaching process. Finally, the application of asynchronous teaching method in tennis teaching not only inherits the advantages of traditional teaching method, but also effectively improves the shortcomings of traditional teaching method to optimize tennis teaching method.

3.4 Inquiry Teaching Method

Inquiry teaching method was first proposed by American educator Dewey. He believes that in the process of education, students should not only be taught the content of knowledge, but also be guided to enjoy the process of learning and research. The application of inquiry teaching method in college tennis teaching can guide and explore the essentials of students' tennis technical movements, and help students to better grasp the relevant technical movements of tennis. The application of inquiry teaching method fully conforms to the characteristics of current tennis teaching in Colleges and universities. To a certain extent, it can improve the strength of students' tennis technology and make full use of the tennis venues and equipment provided by colleges and universities. In the process of tennis teaching, students are required to use inquiry teaching method and practice tennis technical movements through questioning. Tennis teachers should give specific guidance to the weak links of students' technical movements in order to increase the communication between teachers and students and improve the quality of teaching. John Dewey, an American educator, put forward the inquiry teaching method for the first time. In the process of education, it is not necessary to teach students the content of knowledge. Important departments guide students to enjoy the process of learning and research. In college tennis teaching, the application of inquiry teaching method can guide and explore the main points of students' tennis technical movements, and help students better grasp the tennis technical movements. The application of inquiry teaching method fully conforms to the characteristics of current tennis teaching in Colleges and universities. To a certain extent, it can improve the intensity of students' tennis practice and make full use of university lectures to frighten them! The tennis court is equipped with the same equipment. In the course of tennis teaching, students practice tennis technical movements through inquiry teaching method and questioning. Tennis teachers understand the weaknesses of students' technical movements, so that Hong Kong students can communicate more and improve the quality of teaching.

4. Conclusion

To sum up, tennis teaching has become an important part of College Physical Education curriculum. In order to promote the all-round development of College students, tennis teaching should optimize and reform the traditional teaching methods on the basis of the existing teaching methods, and improve the overall teaching quality and effect by optimizing the teaching methods of College tennis. To sum up, tennis teaching has become an important part of College Physical Education curriculum. In order to promote the all-round development of College students, on the basis of existing teaching methods, tennis teaching is optimized and reformed, and the overall quality of tennis teaching is improved by optimizing teaching methods.

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