

Study on the current situation and countermeasures of special teaching and training of badminton in college physical education major

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Abstract: This paper aims to study the current situation of special teaching and training of badminton in universities, and put forward corresponding countermeasures. The article first discusses the significance and characteristics of sports badminton teaching in colleges and universities, and then analyzes the problems existing in the current badminton teaching training problems and challenges, finally proposed to strengthen the construction of teachers, improve teaching quality, strengthen the practice teaching, strengthen the students' competitive ability training countermeasures, in order to the development of college sports badminton teaching training provide reference and help.

1. Introduction

As an excellent sport, its popularity and popularity in China are constantly improving. In the university sports major, badminton, as an important special project, the quality and level of its teaching and training are also directly related to the students' learning results and competitive ability. Therefore, it is of great significance and value to strengthen the research and discussion on the special teaching training of badminton in universities.

2. The significance and characteristics of badminton teaching in college physical education major

2.1 Cultivate students for a healthy life

The teaching and training of badminton in colleges and universities is not only to cultivate students' sports skills and competitive ability, but also to cultivate students' comprehensive quality and healthy lifestyle. As a sport focusing on technology and strategy, badminton can effectively exercise students' coordination ability, reaction ability and psychological quality, but also promote students' physical health and mental health. In the university physical education major, badminton teaching has its unique characteristics, such as high technical difficulty, complex strategy, flexible tactics, etc., which requires teachers to pay attention to the cultivation of students' technical and strategic ability in the teaching process, but also pay attention to students' physical training and psychological adjustment.

2.2 Improve your interpersonal skills

The significance of badminton teaching in college physical education major also lies in improving students' interpersonal communication and leadership skills. Badminton needs teamwork, and students need to cooperate with their teammates in the game, help each other to win the game together. This can not only improve students' teamwork spirit, but also enhance students' leadership ability. In the game, the captain needs to lead the players and adjust the tactics, which requires the students to have certain leadership skills. Through badminton teaching, students' leadership ability and teamwork ability can be improved, laying a foundation for students' future career.

2.3 Enhance your self-management ability

In addition, the characteristics of badminton teaching in universities also lies in cultivating

students' self-management and self-motivation ability. Badminton is a long-term and high-intensity training sport. Students need to have good self-management and self-motivation ability to adhere in the training and constantly improve their technical level and competitive ability. Therefore, in badminton teaching, teachers should not only impart skills and strategies, but also guide students to form good habits of self-management and self-motivation. Through the process of teaching and training, students can gradually develop the ability of self-management and self-motivation, which is of great significance for students' future career development and personal growth.

3. Problems and challenges in badminton special teaching training

Although the significance and characteristics of the special teaching and training of physical education in universities are very important, there are still some problems and challenges in the special teaching and training of badminton, mainly manifested in the following aspects:

3.1 Lack of teachers

Some college PE teachers lack the teaching and training experience of badminton major, which leads to the uneven teaching quality and affects the learning effect of students. Badminton special teaching needs professional teachers to support it, because badminton is a sport with high technical content, many details and difficult training. However, in some universities, due to the lack of teachers, some teachers may lack professional knowledge and experience to provide high-level teaching and training. This may lead to poor training effect of students and slow improvement of technical level, which ultimately affect their performance in the competition. In some colleges and universities, some non-professional physical education teachers are arranged to teach special badminton courses. Teachers may not have received professional badminton training, and have no experience and knowledge in this field, so it is difficult to provide high-quality teaching. These teachers may only explain and demonstrate their skills in class according to the basic rules and knowledge points, rather than give students more in-depth and more specific guidance and training. This may affect the students' skill level and competition performance. In addition, although some colleges and universities have professional badminton teachers, due to the shortage of teachers, teachers need to undertake more courses and students, leading to their inability to give students enough personalized guidance and training. This will also affect the students' learning effect and the speed of technical level improvement.

3.2 Teaching content does not match with industrial needs

In some physical education majors in some colleges and universities, the special teaching courses of badminton are relatively simple and lack of pertinence, which fails to fully meet the needs of enterprises for badminton professionals. This may lead to employment difficulties when students find jobs after graduation, and also affect the recognition and support of enterprises for the major. The teaching content of badminton majors in some universities is mainly the teaching of basic knowledge and skills, but it fails to cover the latest development and trend of the industry. Under the background of the current economic development, the badminton industry is experiencing rapid growth and changes, and the requirements for badminton professionals are also constantly improving. However, if the teaching content does not match the actual demand, it will be difficult to meet the demand of enterprises for talents, and then affect the employment prospects of students. In addition, the badminton professional courses in some universities are relatively simple, failing to fully cover all aspects of the industry. For example, some universities may only offer basic badminton courses, but ignore the curriculum of badminton management, referees, coaches and so on. In this case, although students can master the basic badminton skills, there may be some inadaptation and challenges in the face of complex industry needs.

3.3 Lack of practical teaching

Due to the limitations of some colleges and universities, students' practical teaching opportunities are limited, which fails to fully exercise students' practical ability. Practical teaching is

an important part of the special teaching training of badminton in universities. However, due to the conditions of some colleges and universities, such as the site, equipment and other restrictions, students' practical teaching opportunities are limited, which will affect the students' practical ability exercise and the improvement of skill level. In some colleges and universities, badminton special teaching training can only be conducted indoors, which means that students have no opportunity to play actual matches outdoors and lack practical training in real scenes. In addition, due to the limitation of equipment, students may not be able to use the latest badminton equipment and experience new technologies and equipment, which will affect their in-depth understanding and mastery of badminton specialties. In addition, due to the limited opportunities for practical teaching, some students may only have simple skills demonstration and practice in class, not actual competitions and practical drills. This may affect the students' practical ability and skill level improvement speed, and ultimately affect their performance in the competition. Therefore, the special teaching training of badminton in physical education in universities needs to strengthen practical teaching and provide more practical and experience opportunities, so that students can better master the special skills and knowledge of badminton.

3.4 Students' lack of competitive ability

In the special teaching and training of badminton in some colleges and universities, students pay attention to the teaching of theoretical knowledge, but ignore the cultivation of students' practical skills, which leads to the lack of students' competitive ability and poor performance. In badminton, the technical level and practical experience are very important. If students only pay attention to the indoctrination of theoretical knowledge and lack of practical training, students' competitive ability will be seriously affected. As a result, students only learn some basic knowledge, but they may not be able to use this knowledge in the actual competition and to adapt to the changes of their opponents. This will severely limit students' competitive ability and show poor performance. Moreover, some universities may focus on the development of individual skills, but ignore the training of teamwork and competition strategies. In badminton competitions, teamwork and the use of competition strategies are also crucial. If you only focus on the development of individual skills, but ignore the training of teamwork and competition strategies, students will be severely limited in the competition.

To sum up, there are some problems and challenges in the teaching and training of badminton in college physical education major. Among them, the lack of teachers leads to uneven teaching quality, the mismatch between teaching content and industrial needs, limited practical teaching opportunities, the failure to fully exercise students' practical ability, and some schools attach importance to the indoctrination of theoretical knowledge, but ignore the cultivation of practical skills, leading to the lack of students' competitive ability. These problems need to be paid attention to and improve to improve the quality and effect of badminton special teaching and training.

4. Countermeasures research

4.1 We will strengthen the construction of teachers

In view of the problem of insufficient teachers, schools can take a variety of measures to strengthen the construction of teachers. For example, the school can hire professionals with rich teaching experience and practical experience as instructors or consultants for badminton teaching and training to provide personalized guidance and training for students. In addition, the school can strengthen the training and improvement of the existing physical education teachers, guide the students to deeply understand the technical characteristics and rules of badminton, and improve the professional level and teaching ability of the teachers. For example, in order to improve the teaching quality of badminton major, a university specially hired a famous badminton coach as its instructor. The coach has many years of badminton teaching and training experience, and has trained many excellent badminton players. In the school, the coach is mainly responsible for the teaching of special badminton courses and the training of students, which can not only provide

in-depth technical guidance and training, but also give students suggestions on practical experience and competition skills. With the help of professional badminton coaches, the students' technical level and competition performance have been significantly improved. In addition, schools can also provide teachers with teaching and training opportunities to guide teachers to deeply understand the teaching methods and training skills of badminton. For example, schools can organize badminton teaching training courses and invite famous badminton coaches or experts to conduct professional training, so that teachers can have an in-depth understanding of the latest progress and best practices of badminton teaching and training. At the same time, the school can also encourage teachers to actively participate in relevant academic seminars or competitions to improve students' teaching level and practical ability.

4.2 Improve the quality of teaching

First of all, strengthen the training and teaching guidance for badminton teachers. The school can invite industry experts or badminton players to give teaching guidance, and train teachers in professional knowledge and technology, so that teachers can better master the methods and skills of badminton teaching and training. Secondly, optimize the curriculum setting of badminton specialty and increase the practical teaching links. The school can add some practical teaching links in the badminton course, such as competition simulation and technical training, so that students can have a deep understanding of badminton events in practice and improve their practical ability. In addition, some advanced badminton teaching equipment and teaching resources can be introduced. For example, the school can introduce some advanced badminton training equipment, such as robot trainers, to improve the students' technical level and actual combat ability. In addition, the school can also actively cooperate with badminton industry enterprises to carry out the integration of industry and education, and provide students with more practical opportunities and career development channels. Finally, schools can pay attention to students' personalized teaching and guidance, and provide students with more opportunities for independent learning and practice. For example, schools can organize some badminton clubs or teams to allow students to independently organize training and competitions, so as to improve students' competitive ability and practical ability. At the same time, the school can also provide students with more practical opportunities, such as participating in badminton competitions inside and outside the school, participating in industry training and competitions, so that students can better apply the knowledge and skills they have learned into practice.

4.3 Strengthen practical teaching

In view of the problem of insufficient practical teaching, schools can take various measures to strengthen practical teaching. For example, the school's badminton team can be established and operated to provide students with practical opportunities to compete. Students can improve their competitive level and practical experience by participating in competitions and competitions both inside and outside the school. At the same time, the school can invite professional coaches and players to guide and train the students, and provide more professional and systematic training. In addition, the school can also cooperate with local badminton clubs and sports venues to provide more practical learning opportunities for students. Students can train and compete in these venues, learn about the real competition scene and environment, and communicate and learn from more players. At the same time, the school can also introduce advanced badminton technology and equipment, such as high-speed camera, motion analysis software, etc., to help students to better understand and master the badminton technology.

In addition, the school can also organize various forms of practical activities, such as summer camp, intensive training, etc., to provide students with more systematic and in-depth badminton training, through the summer camp and other practical activities to improve students' independent learning ability, cultivate students to actively carry out independent training after class, improve students' badminton level. In the summer camp, students can meet partners in the same interests, which can promote students' interpersonal communication skills while improving students' professional level. Through these practical activities, students can deepen their understanding and

understanding of badminton, and also enhance their teamwork ability, leadership ability and other comprehensive qualities, laying a good foundation for their future career.

4.4 Strengthen the cultivation of students' competitive ability

One of the important goals of badminton professional education is to improve the students' competitive ability. In order to achieve this goal, it is necessary to formulate scientific training plans, including badminton technology training, physical training, psychological quality training and other aspects, and at the same time, strengthen the actual combat training to improve students' competition experience and psychological quality. Actively participating in various badminton competitions can expand students' contacts and horizons. In addition, the establishment of incentive mechanism to guide students to form a correct competitive attitude is also an important way to improve students' competitive ability. Students should be taught to respect their opponents, respect the rules of the competition, and emphasize the spirit of the competition and team work. In order to better improve students' competitive ability, in addition to making scientific training plans, strengthening practical training, participating in competitions, establishing incentive mechanism and guiding students to form a correct competitive attitude, we also need to pay attention to students' sports habits and badminton culture. Good sports habits can ensure students' physical quality and health, and is conducive to improving students' performance in badminton competition. Paying attention to the teaching of badminton culture can deepen students' understanding of badminton, improve students' cultural literacy, and is conducive to students' all-round development.

4.5 Strengthen the development of badminton courses

First of all, pay attention to the training of badminton skills. As a sport with high technical content, badminton needs students to master the basic technical movements, such as forehand, backhand, serve, return, etc., and also needs to strengthen the training of technical details, such as footwork, blocking, pressure ball, etc. Teachers should make scientific and technical training plans according to the actual situation and level of the students, and timely adjust and improve them according to the students' training situation. Secondly, pay attention to the physical training of badminton. Badminton requires students to have strong physical quality such as explosive power, endurance, speed and etc. Teachers should make a scientific physical training plan according to students' physical level, and pay attention to the actual effect of training. At the same time, teachers should also strengthen the rest and recovery of students, to avoid the physical injury caused by overtraining. In addition, pay attention to the training of badminton psychological quality. Badminton as psychological quality need to support sports, need students have confidence, patience, calm and adaptability to psychological quality, teachers should attach importance to the cultivation of students' psychological quality, and guide students to set up the correct attitude and mentality, such as face failure to keep optimistic and positive, in the face of victory to remain modest and rational. Finally, actively participating in various badminton competitions is an important way to improve students' competitive ability. Competition is an important way for students to exercise their actual combat ability and improve their competition experience. Through the competition can test students' badminton level and psychological quality, but also expand students' contacts and vision, and improve students' comprehensive quality.

Five countermeasures are put forward to improve the quality and level of the special teaching and training of badminton in colleges and universities. Specifically, these countermeasures include strengthening the construction of teachers, improving the teaching quality, strengthening the practical teaching and strengthening the cultivation of students' competitive ability. Through these countermeasures, the teaching quality can be effectively improved, students' practical ability and technical level can be strengthened, and students' competitive level and competitiveness can be improved.

5. Conclusion

The special teaching and training of badminton in colleges and universities is a comprehensive

and complex physical education major. Its teaching quality and level are directly related to students' learning results and competitive ability. In view of the problems and challenges existing in the special teaching training of badminton, we should implement the countermeasures to strengthen the construction of teachers, improve the teaching quality, strengthen practical teaching and strengthen the cultivation of students' competitive ability. These countermeasures can provide reference and help for the development of badminton physical education and training in universities, and also promote the development and progress of badminton in China.

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