

Research on the Teaching Mode of Tennis Course in Colleges and Universities Based on "Internet +"

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Abstract. As an elegant sport, tennis attracts more and more students with its unique charm. However, it is difficult to meet the overall requirements of the tennis teaching target in the limited course due to the limited number of class hours, the site and other factors. Combining the "Internet +", this paper studied the development measures of tennis in colleges and universities. The author thinks that under the background of the information age, how to carry out tennis in colleges and universities and meet the psychological needs of college students is a kind of sports mode worthy of discussion. Based on the author's study and practical experience, this paper first analyzed the teaching significance of tennis courses in colleges and universities based on the "Internet +", and then summarized the factors that affect the development of tennis teaching in colleges and universities. Finally, the implementation steps of college tennis course teaching mode based on "Internet +" are put forward.

Introduction

With the rapid development of the society, the Internet technology has been used more and more in people's life, becoming a part of the public life. On 5 March 2015, in the *Government Work Report*, "Internet +" began to enter the public domain [1]. In May 2016, the *State Sports Administration* issued the *13th Five-year Plan for the Development of the Sports Industry*, which actively promoted the "Internet +" and encouraged the development of various sports services supported by Internet technology. On October 25, 2016, the *CPC Central Committee* and the *State Council* issued the outline of the *2030-year Plan for Healthy China*, focusing on the importance of sports in healthy life. In this context, China's sports industry will usher in a new period of development. This is very important for the mass tennis industry to seize the opportunity to realize the integration of the resources of the mass tennis industry, and to promote the development of the tennis industry through the platform of "Internet +" [2-3].

The Teaching Significance of Tennis Course Based on "Internet +" in Colleges and Universities

It is the Objective Requirement of Educational Reform and Development in the Internet Era.

In the era of high-speed development of Internet technology, "Internet +" has penetrated into every field of daily life. At The Third Session of the 12th National People's Congress, Premier Li Keqiang mentioned the "Internet +" plan of action in his report on the work of the government, which means that the "Internet +" has become an important strategy for the country's economic and social development. Every traditional industry has the opportunity in "Internet +" circumstance. As one of the representatives of the traditional industry, the education industry is undoubtedly influenced by the "Internet +". In the face of the hot topic of "Internet +", of course, education should not be absent. A great educational reform based on information technology forms a "educational cloud", reshaping the form of education with the power of "intelligence", and pushing the classroom reform to the "cloud". The "Internet +" will become a new opportunity for educational reform [4].

It is the Realistic need to Implement the "Complete Credit System". *The National Physical Education Curriculum Teaching Guidelines for Colleges and Universities* also put forward more

explicit and specific requirements for the reform of physical education teaching in colleges and universities. Among them, it clearly pointed out that "Bring the physical education and sports training into the physical education curriculum, and construct the large curriculum structure system of organic connection between inside and outside the class and school. Most colleges and universities in China practice 2 hours a week, 32 hours per semester, and it is difficult to meet this requirement when the time is short, the number of people is large, and the space is limited. Therefore, it is necessary to take some necessary measures and methods to put people first, increase the flexibility and selectivity of learning content, and reasonably link up classroom teaching and extracurricular sports activities. This research will take tennis optional course as an example, re-compile and revise the syllabus, teaching plan, teaching means and methods, assessment criteria and concrete methods of tennis course, and make full use of the Internet, big data, Sports APP, etc., to re-write and revise the tennis curriculum syllabus, teaching plan, teaching methods and methods. The organization forms such as micro-class and mobile phone classroom can effectively link up the teaching inside and outside the class, which can make the extracurricular physical education become the organic continuation and effective supplement of the classroom physical education, and expand the time and space of the physical education class.

Factors Affecting the Development of Tennis Teaching in Colleges and Universities

The Arrangement of Tennis Courses in Colleges and Universities is not Reasonable. In the setting-up of tennis courses in colleges and universities, there is only one tennis elective course per semester in the public course of college physical education. However, in a limited period of time, teachers cannot complete forehand, backhand and pre-net techniques for tennis teaching. Teachers can only reduce the corresponding teaching content properly, and teach students the most critical technical links and make them imitated. As for the theoretical knowledge of other systems and the combination of techniques and the practice of tactical application, it is difficult for the students to grasp them deeply.

Imbalance between the Number of Students and Tennis Courts. College tennis elective courses are generally favored by college students, however, tennis is limited by many conditions, and the number of classes opened and the number of elective courses often make college students unable to achieve their wishes, tennis elective courses are instantly full at the beginning. However, during the actual course, due to the limitation of tennis courts in colleges and universities, dozens of students in a class have only one or two teaching resources available, which makes the use ratio of students and tennis court unbalanced seriously [5].

Teaching Method is Single. Because of the restriction of the first two factors, the teaching method of tennis course in colleges and universities follows the traditional teaching method which is dominated by teachers and passive imitating by students. The method is relatively simple and the teaching process is monotonous and tedious. The lack of subjective initiative and enthusiasm of students can easily cause emotional fatigue and loss of interest in learning. Moreover, due to the lack of training opportunities for tennis teachers, their teaching methods are not innovative, and they have not learned about the advanced teaching methods at home and abroad in a timely manner. The lack of wide application of Internet information resources is a barrier to the diversification of tennis teaching methods in colleges and universities.

The Implementation Steps of College Tennis Course Teaching Mode Based on "Internet +"

To Carry out the Integration of the Internal and External Tennis Course. Make full use of "Internet +" to combine tennis teaching inside and outside the class and divide it into three parts: pre-class, in-class and extra-class to carry out effective teaching. After the establishment of WeChat group for the tennis teaching class, the relevant content of the course can be made to be known in advance by the group in the form of videos, pictures and theoretical teaching before the course. By watching the video data of the related technical actions and combining with the theoretical explanation of the text description, we can carry out effective visual and action imagery imprinting

before class. Through the practice and experience of self-study technology before class, the students can come to class with questions and experiences, which can improve the efficiency of class and the effect of learning techniques, and truly achieve the purpose of inquiry and heuristic teaching. In class teaching, with effective grouping, the combination of Internet media and traditional teaching methods, students can more intuitively feel and experience the progress of tennis learning through group practice and practice. In the classroom, the team members cooperate with each other, to guide each other, to guide the teachers, to focus on the explanation, to form a benign cycle, to further improve the learning interest and efficiency of the students' tennis class [6].

An Effective Complement to Extracurricular Tennis Activities. Firstly, to conduct intelligent organization of extracurricular tennis activities. Tennis, as an outdoor sport, is largely affected by weather conditions. In bad conditions, such as rain, snow, and other bad conditions, it often fails to carry out effective outdoor tennis activities, so we can effectively supplement the course by means of micro-courses, video, multimedia. By interactive discussion with teachers through WeChat, Weibo and other interactive platforms we can solve problems that students do not understand [7-8]. According to the need to screen some technical actions related to the tennis course, the practice method, the technical GIF, the body energy training and other resources, the teacher can integrate them into the micro-information group, the QQ group, the discussion group and other platforms for everyone to learn through the relevant APP, tennis official account and other tennis resources. So that the accurate introduction of the learning target can be carried out more effectively, and the waste time of the students in a large number of resources is avoided.

Secondly, the function expansion of extracurricular tennis club and the second class in Colleges and Universities. As an extension of the tennis curriculum based on "Internet +", the college tennis club, the second class of tennis, and the tennis club in school will play an important role in the teaching model of "Internet + tennis". Students can expand the technical content and theoretical knowledge of the class by participating in extra-curricular tennis clubs, second courses, tennis clubs and other specialized organizations [9]. By participating in the activities of the relevant extracurricular tennis organizations, students can obtain the appropriate qualities, which can promote effective links to classroom teaching. Teachers, instructors of associations and clubs, backbone of associations and so on, shall formulate relevant practical organizational regulations, contents of activities, forms, and assessment systems to effectively combine the actual situation of the school with the content of the class [10]. As an effective complement to the tennis class, college tennis teams will be an essential form of organizing extra-curricular tennis activities. Through in-class, extracurricular associations, second class, club selection, students can enter college tennis teams to improve their skills. After entering college tennis teams, the regular training, competition, related assessment, promotion, selection system, can constantly improve students' technical level and training interest.

Summary

The combination of Internet information-based education resources and traditional teaching methods can effectively improve the learning interest and practice efficiency of tennis courses. The establishment of the extracurricular model form of tennis course is an effective supplement to the problems of limited class hours, personnel and venues, etc. The tennis course based on "Internet +" should be designed and implemented according to the actual situation to make full use of the convenient information resources of the Internet, and enrich the means of tennis teaching in and out of class. At the same time, it is necessary to make full use of effective organizations such as extracurricular physical exercise, tennis sports association, second class, tennis extracurricular clubs, tennis team training and so on to improve students' tennis skills and expand the tennis curriculum in time and space.

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