

Research on practice and development of air volleyball in Higher Vocational Colleges

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Abstract: air volleyball is a sport suitable for all ages. It is easy to start. Men, women, old and young can compete together. In recent years, it has been developed rapidly in China. With the continuous improvement of people's leisure and spiritual conditions, there are higher requirements. The introduction of Gas Volleyball into higher vocational teaching is of great significance to expand students' sports vision and promote the development of sports work. At present, higher vocational colleges have gradually introduced the project into the physical education classroom, and achieved certain results. This paper discusses the development of air volleyball in higher vocational colleges, analyzes the advantages and disadvantages, and provides suggestions for better promoting the development of air volleyball in higher vocational colleges.

1. Preface

Air volleyball is a native sport in China. Compared with hard volleyball, the soft texture and stronger flexibility of air volleyball greatly reduce the difficulty of starting, and it is not easy to cause injury to people in the process of competition. Therefore, the air volleyball project is more suitable for the public participation, in recent years, the project has been rapid development in China. Under the promotion of mass sports, air volleyball has gradually entered the sports classroom of higher vocational colleges. Because the difficulty of starting is lower than that of hard volleyball, and the texture is soft and not easy to get hurt, it is quickly recognized by students, and the enthusiasm of students to participate in the project can be mobilized. However, compared with other sports, the popularity of air volleyball in higher vocational colleges needs to be improved. As a new project, there are still some problems to be solved in the development process, which requires higher vocational physical education teachers to constantly summarize and innovate in practice, so as to better promote the development of Gas Volleyball in higher vocational colleges.

2. Problems existing in the development of air volleyball in Higher Vocational Colleges

2.1. The understanding of the project is not comprehensive enough

Hard volleyball as a traditional education of physical education, after years of development, the project teaching system has been very mature, high recognition. Compared with hard volleyball, the development of air volleyball is relatively short, especially in the campus recognition is still relatively low. In practice, Gas Volleyball is easy to master and accepted by students because of its low difficulty. However, due to the influence of traditional ideas, vocational colleges still lack of understanding of the feasibility of the popularization of air volleyball, which restricts the development of air volleyball in higher vocational colleges.

2.2. The curriculum system is not complete enough

At present, the teaching of Gas Volleyball Course in higher vocational colleges is generally based on hard volleyball, and there is a lack of teaching plan and content specially designed for Gas Volleyball. Although Gas Volleyball and hard volleyball have something in common, there are also differences. In the classroom teaching, there will be some problems in copying the hard volleyball model, which is lack of pertinence, which is not conducive to students' systematic and complete

study of the theory and practice of Gas Volleyball.

2.3. Infrastructure needs to be improved

Compared with hard volleyball, air volleyball needs smaller and more flexible field. However, as a new sport introduced into classroom teaching, many higher vocational colleges do not have exclusive air volleyball teaching venues. In practice teaching, hard volleyball court or outdoor badminton court is generally used. Without standard sports venues, students' sports needs can not be met, it is difficult to create a sports atmosphere of out of breath volleyball. Therefore, the popularity and development of air volleyball in higher vocational colleges is bound to be restricted.

2.4. The construction of teachers needs to be strengthened

In order to enter the higher vocational physical education classroom, the construction of teachers must be guaranteed. Physical education teachers in higher vocational colleges are universal, and every teacher must teach basic projects. Air volleyball is a new sport, many physical education teachers have not been exposed to it before graduation. Therefore, in the teaching process, there is a common phenomenon of using hard volleyball technology to teach Gas Volleyball, so it is difficult to ensure the quality of teaching. Students can not systematically learn the relevant knowledge of Gas Volleyball, which will also have an impact on students' learning enthusiasm and participation enthusiasm. Therefore, the construction of teachers also restricts the popularization and development of Gas Volleyball in higher vocational colleges.

3. Analysis on the Countermeasures of introducing "three air volleyball" into Higher Vocational Colleges

3.1. Strengthen policy support and improve the curriculum system

Although the development of air volleyball is very fast in recent years, many higher vocational colleges offer the course of Gas Volleyball, but the curriculum system still needs to be improved. In order to successfully introduce Gas Volleyball into physical education in higher vocational colleges, first of all, the school should fully realize the value of Gas Volleyball in the promotion and popularization of higher vocational colleges, understand the significance of Gas Volleyball to achieve the goal of physical education, formally incorporate Gas Volleyball into the physical education curriculum, and strengthen students' understanding of the project. Secondly, air volleyball is a new physical education teaching project. It is necessary to construct a complete curriculum system and compile targeted teaching materials, syllabus, teaching plans and teaching plans according to the actual situation of higher vocational colleges.

3.2. Improve infrastructure construction

Although the air volleyball field is suggested to be flexible, most vocational colleges do not have a special air volleyball field, which is generally shared with badminton field. Although the badminton field can be used to cheer volleyball in function, but because the total number of venues has not changed, and the project has one more, the number of participants has also increased, the natural venue will be in short supply. When playing air volleyball, the ball rolling around will also interfere with other venues to carry out activities. Therefore, in order to make the air volleyball project can be better popularized and promoted in higher vocational colleges, it is necessary to strengthen the construction of venues. Under the guarantee of venues and equipment, the air volleyball project can be well developed in and out of class, create a good sports atmosphere, make more students participate in the sport, and improve students' enthusiasm for learning and participating in the air volleyball.

3.3. Strengthening the construction of teaching staff

The professional level of teachers is an important guarantee of teaching quality. In order to promote and popularize air volleyball in higher vocational colleges, it is necessary to strengthen teacher training. Because it is a new project and new technology, the college must formulate a

complete teacher training plan, combine external learning with internal communication, and improve the overall professional ability of teachers. Selecting teachers with good foundation to go out for training to learn special theoretical knowledge and technical movements of air volleyball, carrying out internal exchange of special theory and technology, and improving the overall level of teachers, the teaching quality of the course can be improved, and students' interest in learning can also be well cultivated.

3.4. Create a good project atmosphere

In addition, it is very important to strengthen the atmosphere of campus activities for the promotion and popularization of air volleyball in higher vocational colleges. The college can organize and carry out some activities of teaching staff and students related to air volleyball. Through competition, more teachers and students can participate in the air volleyball project, so that students can get more experience, feel the charm of the air volleyball competition, and realize the integration of inside and outside the class and promote each other.

4. Conclusion

In recent years, the rapid development of Gas Volleyball in China fully proves the social value of the project in fitness and education. The introduction of Gas Volleyball into higher vocational classroom teaching has a good role in promoting the realization of lifelong sports education goal. The promotion and popularization of Gas Volleyball in higher vocational colleges is inseparable from the college's strong support in policy and material. Physical education teachers should also change their ideas and improve their professional ability in order to effectively promote and popularize the project in higher vocational colleges.

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